Kerr

Home Canning Book

Price 15 Cents

Dedicated to homemakers everywhere

As Homemakers, you and I seek no greater reward than that which comes from serving our loved ones. And to us, as Homemakers, belongs the very special privilege of providing luscious fruits and vegetables from the abundance of our gardens and orchards, preserved with all of their rich flavor. Thus it is possible for you and me to serve quickly prepared, nourishing meals from our rows of gleaming jars of home canned foods . . . meals to satisfy the seemingly fathomless hunger of growing boys and girls . . . meals with special appeal to our young adolescents with appetites subject to many moods and fancies . . . meals for the men in our families as they go out to face the perplexing and energy-demanding duties in the field, the plant or the office. Lastly, home canning provides those "extras" that add the finishing touch to a meal, spicy crisp watermelon pickles, strawberry jam—the crowning touch for those light-as-a-feather biscuits.

In the KERR Home Canning Book you will find selected recipes to delight every member of your family. Each recipe has been tested in the KERR Test Kitchens. Each time table is dependable and accurate. Won't you please write us if we may be of special help to you at any time?

Sincerely,

Ruth Kerr

(MRS. ALEXANDER H. KERR), PRESIDENT

Kerr Glass Manufacturing Corp.

SAND SPRINGS, OKLAHOMA—LOS ANGELES, CALIFORNIA—HUNTINGTON, W. VIRGINIA
SANTA ANA, CALIFORNIA

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"Blessed be the Lord
who daily loadeth
us with benefits"
Psalm 68:19
Kerr
SELF SEALING
MASON

IT'S Fun

All foods spoil because of the action of tiny organisms known as MOLDS, YEAST and BACTERIA. They are present on the food, in water, air and soil. In all canning, their action must be stopped by the proper application of heat and the food sealed in air-tight jars to keep other organisms from reaching it.

Subjecting yeast and molds to the temperature of boiling water for a few minutes will usually stop their growth. The action of ENZYMES, which are found in all fruits, vegetables and meats is also stopped by a short boiling period. ENZYMES can bring about such changes in food as DISCOLORATION, SOFTENED TEXTURE, LOSS OF FLAVOR and DESTRUCTION OF VITAMIN C.

BACTERIA is more difficult to destroy. The AMOUNT and KIND OF BACTERIA on foods may also vary. Some are more heat resistant than others. The acid in fruits and tomatoes is not favorable to the development of bacteria; therefore, acid foods are easiest to can. Cooking food done enough for table use is not always sufficient to stop the growth of spoilage organisms. For this reason, it is VERY IMPORTANT to PROCESS FOOD THE FULL PERIOD OF TIME SUGGESTED IN RELIABLE TIME TABLES and make sure the temperature being applied is correct. If this is not done, later spoilage may result.

IF NOT DESTROYED BY HEAT, yeast and many types of BACTERIA CAN GROW IN A SEALED JAR. When food in the sealed jar begins to spoil, the seal will usually release. This is not the fault of the jar or cap, but due to failure to destroy or render inactive the spoilage organisms in the food.

One of the first rules for successful canning is the selection of foods that are in GOOD condition. Stale, overmature and bruised foods can produce spoilage in the canned product. Fruits and tomatoes should be firm but well ripened. Vegetables should be young and tender. All foods should be as freshly gathered

as possible. The change which takes place in most vegetables from time of gathering to time of canning not only changes their flavor but impairs keeping quality. Fruits and tomatoes retain a better flavor and are higher in nutritive value if tree-ripened and freshly gathered.

WASH ALL FOODS THOROUGHLY before preparing them. Handle in a clean manner and make sure all canning equipment, such as kettles, pans and jars are clean. Sort such foods as tomatoes, berries, cherries and plums, discarding all sour or badly bruised ones. Large fruits such as peaches, apples and pears should be washed before peeling and all trace of bruised or decayed spots removed. Cut well around these defective parts. Many times the fruit around them is soured and this soured portion may cause the entire jar to spoil.

The jar and cap play an important part and it is poor economy to use a container or cap that may not seal. Choose only standard, reliable jars, made and intended for home canning. These have the manufacturer's name blown in the glass. And BE SURE the jar cap chosen properly fits the jar on which it is used. The screw band too must be the one intended for that type of lid.

PLANNING TO CAN

Before beginning to can, READ CANNING INSTRUCTIONS and recipes carefully and be sure you are correct in the method chosen for that particular food. Above all BE SURE THE PROCESSING TIME IS CORRECT. No matter how carefully food **may have been selected and prepared, if not processed long enough, it will spoil.**

If the food is to be processed in the jars, the work of handling the food the day of canning may be speeded up by testing and preparing the jars the day before. Examine jars to make sure they are in good condition and will seal. Wash them well in hot soapy water, rinse and scald. Then invert on a clean folded cloth. Let remain inverted until ready to use.

HOW KERR MASON CAPS SEAL

KERR Mason Caps, "Self-Sealing" brand, seal by the cooling of the contents, which creates a vacuum within the jar. When the food in the jar is hot, the air is expanded and as it cools, it contracts, forming a vacuum, the lid being held in place by atmospheric pressure. The NATURAL GRAY sealing composition flowed into the lid, forms air-tight contact between the metal and glass, retaining the vacuum.

OPENING KERR JARS

To OPEN KERR Mason and Wide Mouth Mason Jars sealed with KERR Caps, unscrew the band, if you have not previously removed it, puncture the lid with a can opener or other sharp pointed instrument. Pry up on the tiny edge of lid which turns down over neck of jar.

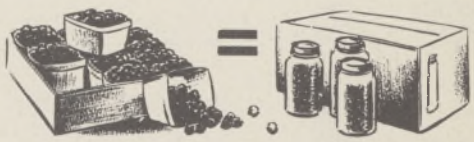
If screw band sticks to jar, place top of jar in boiling water for a few minutes or tap band lightly with knife handle and the band can be easily unscrewed.

TO OPEN "ECONOMY" JARS, puncture cap with can opener or other sharp pointed instrument and either lift cap off or insert point under edge of cap and lift up.

EXAMINING CANNED FOODS BEFORE USING

1. When a jar of canned vegetables or meat is opened, DO NOT TASTE THE COLD FOOD.
2. Jars should show no signs of leakage, fermentation or spurting of liquid when opened.
3. The odor of a jar of canned food, upon opening, should be characteristic of the product. If it does not smell right, if the food is exceptionally soft or cloudy in appearance, discard it at once.

AS A SAFEGUARD against using canned foods that may be affected with spoilage that is not readily detected, all low-acid foods (all meats and all vegetables except tomatoes) must be heated at boiling temperature 10 to 15 minutes in an open vessel before tasting or using. Many times odors that cannot be detected in the cold product, will be evident in the boiling food. This boiling will destroy toxins and make the food safe to eat. If, after boiling, food does not smell or look right, discard it without tasting.



APPROXIMATE YIELDS

LEGAL weight of a bushel of fruits or vegetables varies in different states. These are average weights:

Food	*Fresh*	*Canned*
Apples	1 bu. (48 lb.)	16 to 20 qt.
Berries, except strawberries	24-qt. crate	12 to 18 qt.
Cherries, as picked	1 bu. (56 lb.)	22 to 32 qt.
Peaches	1 bu. (48 lb.)	18 to 24 qt.
Pears	1 bu. (50 lb.)	20 to 25 qt.
Plums	1 bu. (56 lb.)	24 to 30 qt.
Strawberries	24-qt. crate	12 to 16 qt.
Tomatoes	1 bu. (53 lb.)	15 to 20 qt.
Asparagus	1 bu. (45 lb.)	11 qt.
Beans, lima, in pods	1 bu. (32 lb.)	6 to 8 qt.
Beans, snap	1 bu. (30 lb.)	15 to 20 qt.
Beets, without tops	1 bu. (52 lb.)	17 to 20 qt.
Carrots, without tops	1 bu. (50 lb.)	16 to 20 qt.
Corn, sweet, in husks	1 bu. (35 lb.)	8 to 9 qt.
Okra	1 bu. (26 lb.)	17 qt.
Peas, green, in pods	1 bu. (30 lb.)	12 to 15 qt.
Pumpkin	50 lb.	15 qt.
Spinach	1 bu. (18 lb.)	6 to 9 qt.
Squash, summer	1 bu. (40 lb.)	16 to 20 qt.
Sweet Potatoes	1 bu. (55 lb.)	18 to 22 qt.

(Above table reprinted from U. S. Dept. of Agriculture Bulletin AIS-64)

Methods of Canning

HOT and COLD PACK

The "Cold Pack" Method means packing the cold or raw product into the jar, then processing in Boiling Water Bath or Pressure Cooker. Most fruits and tomatoes are packed raw, others, in order to drive the air from food cells and make the packing easier, are precooked (boiled) for a few minutes, then packed and processed.

The "Hot Pack" Method means a short precooking (boiling or heating in some manner). The boiling hot product is packed into clean KERR Jars and processed immediately. The hot pack has been found more satisfactory for vegetables and meats. Some of the large fruits may be either hot or cold packed.

STEPS FOR HOT AND COLD PACK METHODS

No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.

No. 2—Wash jars well in hot soapy water. Scald thoroughly. Invert jars on clean folded cloth. Scald KERR Mason Lids by placing them in pan and pouring boiling water over them. Do not boil but let stay in water until ready to use.

No. 3—Select fresh, firm (not overripe) products. Grade according to size and ripeness.

No. 4—Prepare according to recipe.

No. 5—Pack product into clean KERR Jars to not more than ½ inch of top of jar. (Except corn, peas, lima beans and meats. For these products, fill jars to within 1 inch of top.)

No. 6—Add liquid:

(a) Fruits: Syrup to within 1½ inches of top of jar when fruit is packed cold, or to within ½ inch of top of jar when fruit is packed hot, or fruit juice or hot water to within ½ inch of top of jar.

(b) Vegetables: Liquid to within ½ inch of top of jar (salt or other seasoning may be added).

(c) Meats: For precooked meats, add 3 or 4 tablespoons of liquid. Meats packed raw do not require the addition of liquid.

No. 7—Wipe top of jar free of all seeds, pulp, grease, etc.

No. 8—Place scalded KERR Mason Lid on jar with sealing composition next to glass, and screw band **tight.** This means as tight as the hand can screw the band. Do not use wrenches. When using Economy Jar, place scalded Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.

No. 9—Process required length of time according to time table, whether for Pressure Cooker, Boiling Water Bath, or Steamer.

No. 10—Remove jars from cooker or canner. Do not tighten screw bands. Set jars on several thicknesses of cloth and allow to cool in an upright position. Do not set hot jars in a draft.

No. 11—Test for seal as instructed in Step **No. 8** Open Kettle Method, page 5.

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USING Kerr MASON JARS AND CAPS

"SELF SEALING"* Brand

OPEN KETTLE

This method has been succeeded by more modern methods. Open Kettle canning is not recommended for fruits or tomatoes because of loss of nutritive value of the food and the danger of contaminating the food before jars are sealed. When fruit is not sterilized by sufficient cooking, or if contaminated during packing, getting a seal on jars and caps will not prevent spoilage.

Use this method only for preserves, jams, butters, pickles and other foods to which are added enough sugar or vinegar to help keep them from spoiling.

When canning this way, cook product in small amounts and seal while boiling hot. The following steps are important and must be carefully followed.

STEPS FOR OPEN KETTLE METHOD

Remove KERR Mason Screw Bands after 24 hours as bands are unnecessary once jars are sealed. Use Screw Bands over and over.

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No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.

No. 2—Wash jars well in hot soapy water, then boil in clear water for at least 15 minutes. Scald KERR Mason Lids by placing them in pan and pouring boiling water over them. Do not boil but let stay in water until ready to use.

No. 3—Prepare foods according to recipes.

No. 4—Fill only ONE sterilized KERR jar at a time to within ½ inch of top of jar with the boiling hot product and liquid.

No. 5—Wipe top of jar free of all seeds, pulp, etc.

No. 6—Seal each jar immediately as filled, by placing scalded KERR Mason Lid on jar with sealing composition next to the glass and screw band **tight.** This means as tight as the hand can screw the band. Do not use wrenches. When using Economy Jar, place scalded Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.

No. 7—Set jars on several thicknesses of cloth and allow to cool in an upright position. Do not set hot jars in a draft.

No. 8—Test KERR Mason Lids for seal as follows: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear, ringing note, and be slightly concave (curved inwardly) caused by the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food. If food touches lid the sound will be dull, but not hollow or empty like unsealed jar.

*TRADE MARK REG. U. S. PAT. OFF.

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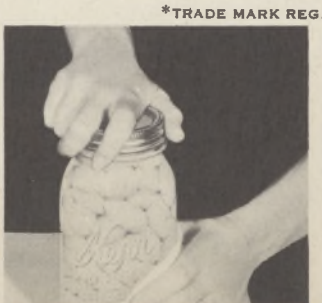

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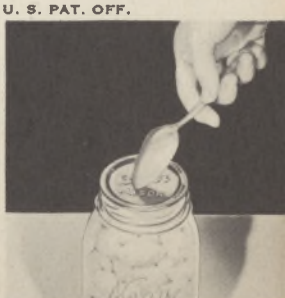

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Methods of PROCESSING

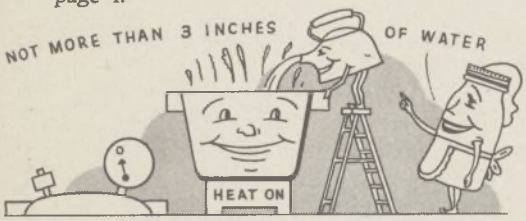
★ THE APPLICATION OF HEAT TO PRODUCTS IN THE JAR IS CALLED "PROCESSING" ★

★ Regardless of the condition of the product or its method of preparation, foods will spoil if not properly processed for the required length of time and at the correct temperature.

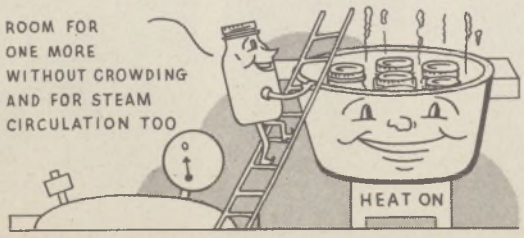
MEATS OF ALL KINDS and ALL VEGETABLES except tomatoes, sauerkraut and ripe pimiento peppers ARE LOW-ACID FOODS. A PRESSURE COOKER is recommended for processing these low-acid foods, as it gives a greater degree of safety.

A pressure cooker must be fitted with a rack in the bottom, steam tight cover, petcock, safety valve, and an accurate pressure gauge. The jars of food processed in a pressure cooker reach temperatures many degrees above the boiling point of water. Read carefully the instructions for operating the type of pressure cooker being used. The general steps which apply to all types of cookers are as follows:

1. *Prepare jars and food* according to steps 1, 2, 3 and 4 under Hot and Cold Pack canning on page 4.

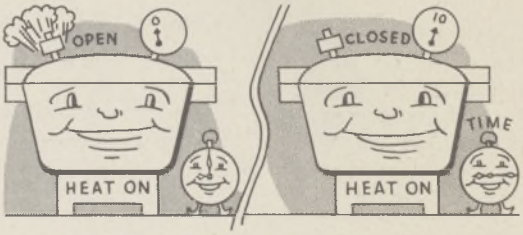


2. *When food is ready* to be packed in jars, set cooker on heat. Place rack in bottom of cooker and add boiling water to cover bottom of cooker to a depth of one to three inches.



3. *As each jar is filled* and cap tightened, set it on the rack in the cooker to keep hot. Pack only enough jars at one time to fill the cooker. DO NOT ALLOW JARS TO TOUCH IN THE COOKER. Set apart so steam can circulate freely.

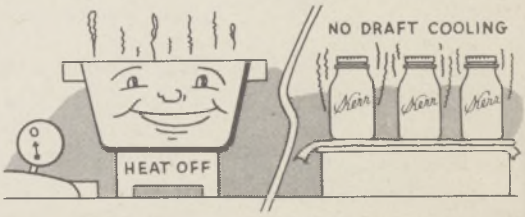
4. *Adjust the cover of cooker* and fasten securely. If cover is fastened by clamps or band, tighten opposite clamps or adjust band.



5. *Leave the petcock open to exhaust the cooker.* When steam is flowing from the petcock in a **steady** stream, start counting exhausting time. Allow steam to escape freely for 7 to 10 minutes. Then close petcock and as soon as the required amount of pressure is reached on the pressure gauge, start counting processing time. Adjust the heat to keep the pressure uniform throughout the processing period.

6. *Process for required length of time* (see time tables, pages 8 and 9).

7. As soon as processing time is up, *remove the cooker from the heat and allow the hand on the pressure gauge to return to zero.* Then open petcock gradually.



8. Food in jars may be boiling vigorously; if so, allow them to remain in the cooker for a few minutes, then remove. Do not tighten screw bands on KERR Mason Caps. Set jars on several thicknesses of cloth and allow to cool in an upright position. **Do not set hot jars in a draft.**

9. When jars are cold test for seal, (Pages 5 or 48), and remove screw bands. The U. S. Department of Agriculture recommends the use of a pressure cooker for canning low-acid vegetables and meats.

PRESSURE SAUCE PAN

If pressure sauce pans are equipped with gauge or weights suitable for indicating desired temperature, they appear to be satisfactory for canning. Most authorities recommend adding 20 minutes to the pressure cooker time for pint jars to make up for the quick climb in temperature at the beginning of the process and for the more rapid cooling to zero at the finish.

For operating the pressure sauce pan for canning, follow the canning instructions given by the manufacturer of the type of pan used.

BOILING WATER BATH

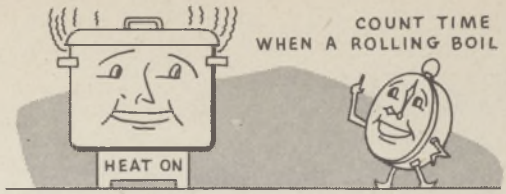
The boiling water bath is preferable for processing fruits and tomatoes. They are acid foods and can be canned safely at boiling temperature. *A pressure cooker is recommended for processing vegetables, meats and low-acid foods.*

A water bath canner may be purchased or can be made from a wash boiler, large kettle or pail that is deep enough to permit water to cover jars at least one inch over the top. It must be fitted with a wooden or metal rack in the bottom and a close-fitting cover. The rack may be made of laths, wire or other perforated material but must be put together in a manner that will allow water to circulate. The rack must hold the jars at least one-half inch above the bottom of the canner.

1. Before the preparation of the food is begun, place the water bath on the stove with sufficient water to cover the jars at least one inch over the top. This permits water to be heating while food is being prepared. Water should be near the boiling point when jars of food are placed into it.

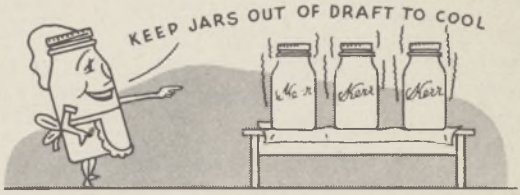
2. Prepare and pack food and tighten KERR cap according to directions for Hot and Cold Pack canning as given on page 4. *Prepare only enough jars of food at one time to fill the canner.* Work rapidly so as little time as possible will elapse between precooking or packing the food and getting it into the canner.

3. *Place the jars of food* on the rack in the canner *far enough apart* to allow the free circulation of water around them. If water does not cover jars at least one inch over the top, add boiling water to this height. Start counting processing time as soon



as the water surrounding the jars reaches a good **rolling boil.** Keep the water boiling-all during the processing period. *If water boils down* add sufficient **boiling** water to keep it at the required height.

4. Process the required length of time (see time tables, pages 8 and 9).



5. As soon as the processing time is up, remove jars from the canner. Do not tighten screw bands on KERR Mason Caps. Set jars on several thicknesses of cloth and allow to cool in an upright position. Do not set hot jars in a draft.

6. When jars are cold, test for seal (pages 5 or 48), and remove screw bands.

STEAM COOKER

Follow the instructions of the manufacturer for amount of water used in steamer and manner in which it is to be operated but BE SURE the steamer is filled with thick steam all during the processing period. *Start counting processing time after jars are placed in steamer and it becomes filled with steam.* Follow water bath time tables.

STERILIZING and PREPARING KERR JARS and LIDS

To sterilize Jars for Open Kettle Canning, wash thoroughly with soap and warm water. Rinse well, place in pan having folded cloth or rack on the bottom. Cover jars with warm water. **Boil for 15 minutes.** Jars should remain in this hot water until ready for use.

To prepare jars for processing in Boiling Water Bath, Pressure Cooker or Steamer where food is to be cooked right in the jars, wash them well in hot soapy water. Scald jars thoroughly and invert them on a clean, folded cloth.

Place lids in shallow pan or bowl and pour boiling water over them. Do not boil but let stay in water until ready to use. Screw bands must be clean and in good condition but will not require scalding.

If screw bands are rusty or have top edge pried up, they should not be used. They will cause sealing failures.

QUICK CHECK Time Tables FOR CANNING

Fruits

(See footnotes, pages 8 and 9)

		Boiling Water Bath Minutes	Pressure Cooker	
			Pts. & Qts. (Minutes)	Pounds
Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Drain. Boil 3 to 5 minutes in syrup. Pack. Add syrup or water.	25	10	5
Apricots	Wash, halve and pit. Pack. Add syrup or water.	20	10	5
Berries *(except Strawberries and Cranberries)*	Wash, stem, pack. Add syrup or water.	20	8	5
Cherries	Wash, stem, pit. Pack. Add syrup or water.	20	10	5
Cranberries	Wash, remove stems. Boil 3 minutes in heavy syrup. Pack.	10	----	----
Currants	Wash, stem, pack. Add syrup or water.	20	10	5
Dried Fruits	Soak in cold water overnight. Boil 10 minutes in same water. Pack.	15	----	----
Figs	Cover with fresh water, boil 2 minutes. Drain and use this water to make syrup. Boil 5 minutes in syrup. Pack, add syrup.	30	10	5
Fruit Juices	Crush fruit, heat slowly, strain. Pour into jars. Process in water bath.	20 (180°—simmering)		
Grapes	Wash, stem, pack. Add syrup or water.	20	8	5
Nut Meats	Pack into jar. Process in oven at 225° for 45 minutes.	----	----	----
Peaches	Peel, pack, add syrup, or boil 3 minutes in syrup, pack, add syrup.	20	10	5
Pears	Select not overripe pears, pare, halve, boil 3 to 5 minutes in syrup. Pack. Add syrup.	25	10	5
Pineapple	Slice, peel, remove eyes and core. Boil in syrup 5 to 10 minutes. Pack. Add syrup.	30	15	5
Plums	Wash, prick skins. Pack. Add syrup.	20	10	5
Preserves	Prepare as per recipe. Cook until thick. Pack. Process in water bath.	20 (180°—simmering)		
Rhubarb	Wash, cut into pieces. Pack. Add syrup. Or bake until tender. Pack. Add syrup.	10	5	5
Strawberries	Wash, stem, boil gently for 3 minutes in syrup. Cover the kettle and let stand for several hours. Pack.	15	----	----
Tomatoes	Scald ½ minute, cold dip, peel, core, quarter. Pack.	35	10	5
Tomatoes for Salad	Scald ½ minute, cold dip, peel, core. Pack. Cover with tomato juice.	35	10	5
Tomato Puree	Irregular or undersized tomatoes may be used. Cook all ingredients until soft. Press through sieve. Pack.	35	10	5

Meats

(See footnotes, pages 8 and 9) **A pressure cooker is recommended for processing meats as it gives a greater degree of safety. Meats packed raw do not require the addition of liquid. Pack meats loosely and only to within 1 inch of top of jar.**

		Boiling Water Bath Minutes	Pressure Cooker	
			Minutes	Pounds
Lamb, Veal, Beef, Steak	Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid.	210	75	10
Pork	Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid.	210	75	10
Tenderloin, Ham, Pork Chops	Sear until lightly browned. Pack. Add salt 1 teaspoon to quart. Add 3 to 4 tablespoons water or broth. Or pack raw without liquid.	210	75	10
Sausage	Shape into cakes. Fry or bake until brown. Pack. Add 3 to 4 tablespoons liquid, then process.	210	75	10
Chicken, Rabbit, Duck, Turkey	Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid.	210	75	10
Deer, Wild Birds, Geese	Bleed well, cool thoroughly, soak in brine 30 minutes or parboil. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid.	210	75	10
Fish, all kinds	Use only firm, fresh fish. Bleed well. Wash. Precook. Pack, add salt 1 teaspoon to quart. Or pack raw without liquid.	240	90	10

Notes

NOTE—ALL VEGETABLES EXCEPT TOMATOES, ALSO ALL MEATS, POULTRY AND FISH CANNED AT HOME MUST BE BOILED IN AN OPEN VESSEL TEN TO FIFTEEN MINUTES BEFORE TASTING OR USING.

NOTE—Time for Different Size Jars—The time in these tables for water bath canning applies to half pint, pint and quart jars. If canning fruit in water bath with half gallon jars add 10 minutes to processing time; for pressure cooker add 5 minutes to processing time. When canning vegetables and meats, for half gallons in pressure cooker or water bath, increase time 20% over time for quarts. For half pints, use time for pints.

Vegetables

(See footnotes, pages 8 and 9) **A pressure cooker is recommended for processing low-acid foods as it gives a greater degree of safety.**

		Boiling Water Bath	Pressure Cooker		
			Minutes		Pounds
		Minutes	Pints	Quarts	
Asparagus	Wash, boil 3 minutes. Pack.	180	25	40	10
Beans, baked	Soak beans. Boil ⅓ done. Add all ingredients. Bake 1 hour. Pack loosely.	180	60	60	10
Beans (String or Wax)	Wash, string, cut or leave whole, boil 5 minutes. Pack.	180	20	25	10
Beans (Lima)	Shell, bring to boil. Pack loosely to within 1 inch of top of jar.	180	35	60	10
Beets	Wash, leave roots and tops long, boil 15 minutes. Skin. Pack.	120	25	40	10
Brussels Sprouts or Cabbage	Remove outer leaves, wash, cut in desired size pieces, boil 5 minutes. Pack.	120	45	55	10
Carrots	Wash, peel, slice or cube. Bring to boil. Pack.	120	20	25	10
Cauliflower or Broccoli	Remove outside leaves, wash, boil 4 minutes. Pack.	150	25	40	10
Corn (Whole Grain)	Remove shucks. Cut from cob. Bring to boil. Pack loosely to within 1 inch of top of jar.	210	55	85	10
Greens (all kinds)	Wash thoroughly. Steam or boil to wilt. Pack loosely.	180	45	70	10
Hominy	Boil 3 minutes. Pack loosely.	120	40	40	10
Mushrooms	Clean, wash, cut large ones, boil 3 minutes. Pack loosely.	180	25	35	10
Okra	Wash, boil 1 minute. Pack.	180	25	40	10
Onions	Peel, wash, boil 5 minutes. Pack.	180	40	40	10
Parsnips or Turnips	Wash, peel, slice or cube. Boil 5 minutes. Pack.	90	20	25	10
Peas	Shell, grade, use only fresh, tender ones. Bring to boil. Pack loosely to within 1 inch of top of jar.	180	40	40	10
Peppers (green, sweet)	Wash, remove seed pod, boil 3 minutes. Pack.	120	35	35	10
Peppers (Pimiento)	Place in moderate oven 6 to 8 minutes or 12 to 15 minutes in boiling water. Peel, stem, cut out seeds, flatten. Pack.	40	10	10	5
Potatoes, Irish	Wash and scrape small, new potatoes. Pack. Add boiling water.	180	40	40	10
Pumpkin	Cut in pieces. Peel. Steam, boil or bake tender. Pack.	180	60	80	10
Rutabagas	Wash, peel, slice or cube, boil 5 minutes. Pack.	90	35	35	10
Sauerkraut	After curing, pack, add kraut juice or weak brine.	15	----	----	----
Soybeans	Shell, bring to boil. Pack loosely to within 1 inch of top of jar.	210	80	80	10
Spinach	Wash thoroughly. Steam or boil to wilt. Pack loosely.	180	45	70	10
Squash (Summer, Acorn or Zucchini)	Cut in uniform pieces. Bring to boil. Pack.	180	30	40	10
Squash (Crookneck, Hubbard or Banana)	Cut in pieces. Peel. Steam, boil or bake tender. Pack.	180	60	80	10
Sweet Potatoes (Dry)	Wash, boil or steam 20 minutes, remove skins. Pack.	180	65	95	10
Sweet Potatoes (Wet)	Wash, boil or steam 20 minutes, remove skins. Pack. Add liquid.	180	55	90	10
Tomatoes	(See under Fruits.)				
Tomato Juice	Wash, peel, cut in pieces. Simmer until soft, press thru fine sieve. Bring to boil. Pour to within ¼ inch of top of jar.	10	----	----	----
Unusual Foods	See individual recipes, page 39.				
Vegetable Mixtures	Prepare vegetables, boil separately or combine. Pack. Process length of time necessary for vegetable requiring longest processing.	------	----	----	----

Soups

(See footnotes, pages 8 and 9)

		Boiling Water Bath	Pressure Cooker	
		Minutes	Minutes	Pounds
Asparagus	Use tough part, boil. Press through sieve, pour into jars.	180	40	10
Clam or Fish Chowder	Mix ingredients. Boil ten minutes. Pack into jars.	240	90	10
Pea Soup	Boil peas until soft, press thru sieve. Pour into jars.	180	60	10
Soup Stock	Cover bones and trimmings with water. Season. Cook 2 hours. Remove bones. Pour into jars.	180	45	10
Tomato Soup	Mix vegetables. Cook tender; sieve. Add flour and butter; bring to boil; pour into jars.	15	----	----
Vegetable Soup Mixtures	Use any vegetable combinations. Boil 10-15 minutes. Pack into jars. Process time necessary for vegetable requiring longest processing.	------	----	----

ALTITUDES ABOVE SEA LEVEL

The time given in the time tables in this book is for the half-pint, one-pint or one-quart pack, (for half gallon jars see note on page 8). For all size jars the time must be increased when the boiling water bath is used at an altitude of 1,000 feet or more. For each 1,000 feet above sea level, add 1 minute to processing time if the time called for is 20 minutes or less. If the processing time called for is more than 20 minutes, add 2 minutes for each 1,000 feet.

When the pressure cooker is used at an altitude of 2,000 feet or more, the pressure must be increased by 1 pound for each 2,000 feet altitude.

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Fruits

★ **In packing fruits for Hot or Cold Pack canning, the FRUIT should be packed to WITHIN ½ INCH OF THE TOP OF THE JAR. If using syrup and fruit is packed cold, fill with syrup to within 1½ inches of top of jar, or ½ inch of top of jar when fruit is packed hot. If using water or fruit juice, fill to within ½ inch of top of jar.**

CANNING FRUIT WITHOUT SUGAR—All fruit and fruit juices can be successfully canned in KERR Jars without sugar, but the addition of syrup at the time of canning helps to develop and improve the flavor of the fruit. The sugar is used only to sweeten the food and does not keep it from spoiling. Precooking the fruit before packing will draw some of the juice out of the fruit and less sugar will be required to sweeten it. All fruits may be canned without sugar by simply filling the jar to within ½ inch of the top with the juice of the fruit or water, then processing. Process unsweetened fruits same as sweetened ones.

CANNING FOR SUGAR FREE DIET: Preheat fruits over low heat in small amount of water. Pack fruits and cover with juice from precooking kettle. Process according to time table.

If fruits are packed raw, fill the jar to within ½ inch of top with water or fruit juice. To obtain fruit juice, crush thoroughly ripe fruit (pieces or culls that are good but not suitable for canning) and bring to boil over low heat. Strain through clean cloth. Process jars with water or fruit juice same time as given for fruits packed with syrup.

HOW TO MAKE SYRUP

THE sweetness desired in the finished product should govern the syrup used.

Boil sugar and water together until sugar is dissolved. Juice of the fruit may be used in place of water.

	Sugar (cups)	Water (cups)	Used For
Thin	1	3	Small, soft fruits.
Medium	1	2	Peaches, apples, pears, sour berries.
Heavy	1	1	All sour fruits or those to be extra sweet.

HOW TO MAKE SYRUP FROM WHITE CORN SYRUP OR HONEY FOR CANNING

TO MAKE syrup for canning from white corn syrup or honey, replace ⅓ of the sugar in the preceding syrup table with the corn syrup or honey.

The amount of white corn syrup or honey may be increased and the sugar proportionally decreased, but when more than one-half the sugar is replaced with white corn syrup or when more than one-fourth the sugar is replaced with honey, some change in flavor of the finished product is usually noticeable.

APPLES (HOT PACK)

SELECT uniform apples, wash, pare and core. Cut into desired size. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Boil three to five minutes, in a medium syrup. Pack into clean KERR Jars and fill to within ½ inch of top of jar with syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

APPLES (RED CINNAMON) (HOT PACK)

SELECT firm apples that will not mush in processing. Prepare a thin or medium syrup. Flavor the syrup with cinnamon according to taste and add enough pure red vegetable coloring to give desired shade to apples. Peel apples, leave whole or quarter, boil 3 to 5 minutes in the syrup. Pack into clean KERR Jars and fill to within ½ inch of top of jar with syrup in which apples were precooked. Put on cap, screwing the band tight. Process according to time table, page 8.

APPLES (BAKED) (HOT PACK)

SELECT sound baking apples. Wash, core and bake with a little water in moderate oven until ¼ done. While apples are baking, prepare a thin or medium syrup. Pack hot apples into clean KERR Jars. Fill to within ½ inch of top of jar with boiling syrup. Process according to time table, page 8, for apples.

APPLE SAUCE (HOT PACK)

3 pounds green apples 2 cups water 1¼ cups sugar

WASH apples. Quarter, core and remove all bruised or decayed parts. If fruit is to stand several minutes before cooking, drop into slightly salted water to prevent discoloration. Drain. Add water and cook until soft. Press through sieve or colander to remove skins. Add sugar and bring to a boil. Pack while boiling hot into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process 25 minutes in boiling water bath.

APRICOTS (COLD PACK)

SELECT firm, ripe fruit; peel if desired, halve and pit. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Pack into clean KERR Jars; fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

BERRIES (COLD PACK)

(All berries except Strawberries) — Wash berries and pick over carefully. Pack into clean KERR Jars. Fill to within 1½ inches of top of jar with light or medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

BLUEBERRIES or BOYSENBERRIES

FOLLOW above recipe for berries.

CHERRIES, RED SOUR (OPEN KETTLE)

WASH, stem, pit if desired. Place in boiling medium syrup and boil 20 minutes. Pack boiling hot into sterilized KERR Jars to within ½ inch of top of jar, and seal.

CHERRIES, ALL VARIETIES (COLD PACK)

WASH, stem, pit if desired. Pack into clean KERR Jars, fill to within 1½ inches of top of jar with medium or heavy syrup, depending on the sweetness of the cherries. Put on cap, screwing the band tight. Process according to time table, page 8.

MOCK CHERRIES (COLD PACK)

WASH and stem Thompson Seedless Grapes. Pack into clean KERR Jars. Fill to within 1½ inches of top of jar with cherry juice left over from canning. Or make a thin syrup and add small amount of fruit coloring to give desired shade. Put on cap, screwing the band tight. Process according to time table for Grapes, page 8.

CRANBERRIES (HOT PACK)

WASH and remove stems from cranberries. Drop into a boiling heavy syrup. Boil 3 minutes. Pack into clean KERR Jars, to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8.

CRANBERRY SAUCE

1 quart cranberries **2 cups sugar**
1 cup water

PICK over and wash berries, add water and cook until berries are soft. Press through fine sieve, add sugar and boil another 5 minutes. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing band tight. Process according to time table, page 8.

CURRANTS (COLD PACK)

WASH, stem. Pack into clean KERR Jars, fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

DRIED PRUNES, RAISINS, APRICOTS OR PEACHES—CANNED

WASH fruit to remove any dirt or grit. Cover with cold water and soak for several hours or overnight. Boil the fruit for 10 minutes in the water in which it was soaked. As a rule, the dried fruits are sufficiently sweet, but if a sweeter product is desired, add sugar to suit the taste, during the 10 minutes boiling. Pack the hot fruit and the liquid into clean KERR Jars to within ½ inch of the top of jar. Put on cap, screwing band tight. Process in water bath for 15 minutes.

FIGS (FRESH) (HOT PACK)

FIGS should not be too ripe. Leave on the stems. Wash thoroughly. Cover with fresh water and boil for 2 minutes. Drain and use this water to make a thin syrup. Boil figs 5 minutes in syrup. Pack into clean KERR Jars, filling to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8. If a sweeter product is desired make a heavy syrup with water and sugar and combine equal parts of the heavy syrup with corn syrup. Add a few slices of lemon to the syrup and boil the figs for 5 minutes before packing them into the jars. Adjust jar cap and process.

FROZEN FRUITS—CANNED

OCCASIONALLY it may be economical to purchase frozen fruits in large packages and can them. Such fruits as cherries, sliced or quartered apples and *firm* peach slices will can quite satisfactorily. Do not allow frozen fruit to completely thaw but let the container of fruit stand at room temperature just long enough to thaw sufficiently to permit it to be broken or separated into pieces that can be placed in a pan or kettle. Bring the frozen fruit to a good boil. Pack the fruit and juice (which is syrup) into clean KERR Jars, filling to within ½ inch of the top of jar. If there is not enough syrup to cover the fruit after it is packed into the jars, add a hot medium syrup to fill jars to within ½ inch of top of jar. Put on cap, screwing band tight. Process according to time given in time table, page 8, for the kind of fruit being canned.

FRUIT SALAD (COLD PACK)

COMBINATION of all kinds of raw fruits, pack cold into clean KERR Jars, fill with medium syrup to within 1½ inches of top of jar. Put on cap, screwing the band tight. Process length of time necessary for fruit requiring longest processing.

GOOSEBERRIES

FOLLOW recipe for berries.

GRAPEFRUIT (COLD PACK)

HALVE grapefruit; take out center meats. Be careful to remove all white pulp. To prevent discoloration do not allow peeled grapefruit to stand any length of time before canning. Pack solidly into clean KERR Jars to within ½ inch of top of jar. Add no liquid. Put on cap, screwing the band tight. Process in water bath 20 minutes; or in pressure cooker 10 minutes at 5 pounds.

GRAPES (COLD PACK)

PREPARE grapes and pack tightly into clean KERR Jars without crushing. Fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

GRAPES (SPICED SEEDLESS)

¼ cup vinegar
½ cup water
⅛ cup sugar
3 whole cloves
One inch piece of stick cinnamon
1 pint grapes (removed from stems)

MAKE a syrup of the vinegar, water, sugar and spices. Bring to the boiling point and add the grapes which have been thoroughly washed. Simmer 5 minutes. Pack grapes and syrup into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process 10 minutes in water bath.

HUCKLEBERRIES or LOGANBERRIES

SEE recipe for Berries.

NECTARINES (COLD PACK)

SELECT firm fruit, not too ripe. Wash but do not peel. Nectarines may be canned whole or in halves. For halves, remove stone and, if they are to stand several minutes before packing, drop into slightly salted water to prevent discoloration. Drain before packing. Pack the whole or halved fruit into clean KERR Jars. Fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table for peaches, page 8.

PEACHES (COLD PACK)

SELECT ripe firm peaches, remove peel and pits. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Pack, halved or sliced, into clean KERR Jars. Fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8. Peaches may be canned without removing peel. Wash thoroughly, halve, pack and add syrup. Process same as peeled peaches.

PEACHES (HOT PACK)

SELECT ripe firm peaches, remove peel and pits. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Drop into a boiling medium syrup. Boil for 3 minutes. Pack into clean KERR Jars and fill to within ½ inch of top of jar with the syrup. Put on cap, screwing band tight. Process according to time table, page 8.

PEARS (HOT PACK)

PARE, core and, if peeled fruit is to stand several minutes before packing, drop into slightly salted water to prevent discoloration. Drain and boil 3 to 5 minutes in thin or medium syrup. Pack into clean KERR Jars. If desired, add one teaspoon lemon juice to each quart jar. Fill with syrup to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8. If pears are ripe enough to be quite soft, they may be packed without the 3 to 5 minutes boiling and then processed.

PEARS—CREME DE MENTHE (OR MINT PEARS)

PREPARE, boil and pack as above. To each quart jar add ½ teaspoon mint extract and enough pure green fruit coloring to give desired shade. Put on cap, screwing the band tight. Process according to time table, page 8.

PINEAPPLE (SLICED) (HOT PACK)

SLICE pineapple, peel, remove eyes and core. Boil in medium syrup 5 to 10 minutes. Then pack into clean KERR Jars and fill to within ½ inch of top of jar with syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

PLUMS (COLD PACK)

SELECT plums not too ripe; wash and prick the skin with needle to prevent bursting. Pack into clean KERR Jars and fill to within 1½ inches of top of jar with medium or heavy syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

RASPBERRIES

SEE recipe for Berries.

RHUBARB (BAKED) (HOT PACK)

WASH and cut into 1 inch lengths without removing the skin. Place in baking dish and add 1 cup sugar to each quart of rhubarb. Cover dish and bake until tender. Pack hot rhubarb and syrup which has formed, into clean KERR Jars, to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in water bath 5 minutes.

RHUBARB (OPEN KETTLE)

WASH; cut in convenient lengths without removing the skin. Boil in medium or heavy syrup until tender. Pack boiling hot into sterilized KERR Jars to within ½ inch of top of jar and seal.

STRAWBERRIES (will not float)

½ pound (1 cup) sugar
½ cup strawberry juice
2 pounds strawberries (6 heaping cups after stemming)

BOIL together sugar and strawberry juice. This juice may be obtained by crushing and heating some of the culls or overripe berries. Cool and add the whole strawberries, then boil 3 minutes. Cover the vessel and set aside for at least four hours or overnight. Pack into clean KERR Jars, filling to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in water bath for 15 minutes.

FRUIT Juices

★ **Fruit juices add variety to the winter diet and are a rich source of vitamins. Fruit juices should form an important part of our canning because of their many uses for desserts and drinks.**

APPLE CIDER

USE fresh cider that is made from sound sweet apples. Pour the cider into a kettle and heat steaming hot (do not boil), skim. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

APRICOT NECTAR

SELECT sound, ripe fruit. Wash fruit well. Crush, and for each pound (3 cups, sliced) of apricots add 2 cups of water. Heat slowly to simmering point. Press through colander, then through fine sieve. Bring the juice to simmering point and add 2 cups sugar for each pound fresh apricots used. Stir until sugar is well dissolved. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

BLACKBERRY CORDIAL

SELECT large ripe blackberries. Mash and strain through coarse cheesecloth without heating them. To every quart of juice add 2 cups of sugar. Tie in thick muslin bag 4½ teaspoons of grated nutmeg, 1 tablespoon whole cinnamon, 1 tablespoon whole cloves and 1 small piece of mace. Boil juice and spices slowly for 25 minutes. Remove spice bag and stir in 4 tablespoons vanilla extract. Pour into sterilized KERR Jars to within ½ inch of top of jar, and seal.

CRANBERRY JUICE

BOIL 4 cups cranberries in 4 cups water for about 15 minutes. Strain juice through cheesecloth bag. Do not squeeze bag. Put juice in kettle, add ⅔ cup sugar, stir well and bring to boiling point. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

FRUIT JUICES (LEFT FROM CANNING)

ALL kinds of fruit juices may be preserved by pouring the boiling hot surplus juice left over from your regular canning into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8. (These juices form excellent beverages combined with lemon or orange juice.)

FRUIT JUICES

THE juices of such fruits as blackberries, cherries, currants, elderberries, raspberries and strawberries may be canned. The flavor of these juices is better if the fruits are cooked and the juice pressed out. Select sound, ripe fruit. Crush, add small amount of water, and heat slowly to simmering point. Strain through a double thickness of cheesecloth. The addition of sugar will give a better flavor. If desired, add 1 cup of sugar to one gallon of juice. Bring juice to simmering point and pour into clean KERR Jars, to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8.

FRUIT SYRUPS

SAME as fruit juices except that there must be at least as much sugar as fruit juice.

GRAPE JUICE

WASH sound ripe grapes. Cover them with water and heat slowly to simmering. Do not boil. Cook slowly until the fruit is very soft, then strain through a bag and add ½ cup of sugar to each quart of the juice. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8. If only enough water is added to start the grapes to cooking and the sugar omitted from this recipe, the juice may be used to make grape jelly when jars are opened.

QUICK GRAPE JUICE

WASH one cup grapes, put into clean KERR quart jar, add ½ cup sugar, fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

GRAPEFRUIT JUICE

TO OBTAIN good quality in the canned juice, use only freshly picked, tree-ripened fruit. Ream the juice from the fruit by using a cone shaped juice extractor. This will help to keep rag, cell tissue and oil out of the juice. These will affect the color and flavor of the canned juice. After extraction, the juice must not be allowed to stand exposed to the air. The entire procedure from extraction of the juice to processing must be carried on without delay.

Wash the grapefruit, cut in half and extract the juice. Strain out seed and coarse pulp. Work rapidly to avoid exposure to air. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in water bath for 20 minutes at simmering temperature.

PEACH NECTAR

SELECT sound, ripe fruit. Peel and crush. Combine 4 cups of fruit with 4 cups of water and heat slowly to simmering. Press through colander, then through fine sieve. To each cup of the fruit pulp and juice, add ½ cup of sugar. Bring to simmering temperature. Stir until sugar is well dissolved. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

PEAR NECTAR

SELECT sound, ripe fruit. Peel and core. Crush pears and combine 4 cups of fruit with 3 cups water. Heat slowly to simmering and press through colander, then through fine sieve. To each 2 cups of fruit pulp add ¾ cup of sugar and juice of ½ lemon, bring to simmering temperature. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

PINEAPPLE JUICE

REMOVE peel from 1 large pineapple, grind, put into kettle with water to barely cover and boil rapidly 10 minutes. Strain juice through cheesecloth bag. Pour juice into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

TOMATO JUICE

SELECT firm, ripe tomatoes. Wash, scald, peel and drain. Cut in sections. Simmer until softened. Stir occasionally to prevent burning. Put through sieve fine enough to remove seeds. Bring juice to boiling and pour immediately into clean KERR Jars, filling to within ¼ inch of top of jar. Put on cap, screwing the band tight. Process in water bath, 10 minutes.

Vegetables

A PRESSURE COOKER is recommended for processing low-acid foods as it gives a greater degree of safety.

NOTE: All vegetables except tomatoes, also all meats, poultry and fish canned at home must be boiled in an open vessel 10 to 15 minutes before tasting or using.

TO PRECOOK VEGETABLES, cover them with boiling water and BOIL for time suggested in recipe.

IN FILLING JARS pack the product to not more than ½ inch from top of jar. (Exception: Corn, peas, lima beans and such products should be packed only to within 1 inch of top of jar.) For all packs, add water in which vegetables were precooked or boiling water to within ½ inch of top of jar.

A SALT AND SUGAR MIXTURE may be used to season such vegetables as corn, peas, beets and tomatoes, if desired. This is made by mixing 2 parts sugar to 1 part salt and adding 2 teaspoons of the mixture to each quart jar.

ASPARAGUS

REMOVE scales from stalk. Wash thoroughly to remove all soil. Cut in jar lengths. Tie in bundles, place tips up in boiling water to cover lower tough portions. Cover vessel tightly. Boil 3 minutes. Drain, pack into clean pint KERR Jars, tips up. Add ½ teaspoon salt to each jar if desired, fill jar to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BAKED BEANS

2 cups navy beans
¼ pound salt pork
2 teaspoons salt
2 tablespoons molasses
3 teaspoons prepared mustard
2 cups boiling water (from beans in cooking)
12 tablespoons catsup
4 tablespoons brown sugar
1 large onion

WASH beans thoroughly. Cover with cold water and soak overnight. Boil in same water until beans are about ⅓ done (about 45 minutes). Drain the beans, saving the water. Slice the pork in the bottom of baking dish. Add the salt, molasses, mustard, catsup, sugar, and onion (cut fine). Mix bean water with enough boiling water to make 4½ cups. Add beans and liquid to mixture in baking dish, mixing well. Bake in hot oven (450 ° F.) for one hour. Pack while hot into clean KERR Jars, filling to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker for 60 minutes at 10 pounds or in water bath for 3 hours.

BEANS (LIMA)

WASH, shell and place in pan with boiling water to cover. Bring to boil. Keep at boiling temperature. Pack loosely into clean KERR Jars to within 1 inch of top of jar. Add ½ teaspoon of salt to each pint jar if desired, fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BEANS (STRING)

WASH, string and cut in convenient lengths or leave whole. Boil for 5 minutes. Pack into clean KERR Jars to within ½ inch of top of jar. Add 1 teaspoon salt to each quart jar if desired, fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BEETS

USE small uniform beets. Wash carefully; leave roots and stems long. Boil 15 minutes, plunge into cold water, remove skins. Pack into clean KERR Jars. Add 2 teaspoons of salt and sugar mixture to each quart jar if desired. Fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BLACK-EYED OR FIELD PEAS

FOLLOW recipe for lima beans.

BROCCOLI

REMOVE the largest leaves, or stems. Wash through several waters, then boil 4 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired, fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BRUSSELS SPROUTS

FOLLOW recipe for cabbage.

CABBAGE

WASH, remove outside leaves. Cut into desired size pieces and boil for 5 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired and fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

CARROTS

GRADE for size and color. Wash thoroughly. Scrape or pare to remove skins. Slice or dice. Bring to boil. Keep at boiling temperature. Pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

CAULIFLOWER

REMOVE all outside green leaves. Wash and break the head into small or medium-size flowerets. Soak for 20 minutes in brine made with 1 tablespoon salt to 1 quart of cold water. This will draw out small insects. Rinse well in clear water. Boil 4 minutes. Pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired and fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

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"SELF SEALING"
WIDE MOUTH
MASON
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CORN

USE only absolutely fresh corn that is tender and juicy. Shuck corn and remove silks. Cut out any damaged spots. Wash the ears with vegetable brush. Cut corn from cob, place in pan with enough boiling water to cover. Bring to boil. Keep at boiling temperature. Pack loosely to within 1 inch of top into clean KERR Jars and fill with water in which vegetable was precooked or boiling water to within ½ inch of top of jar. Add 1 teaspoon of salt and sugar mixture to each pint jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9. Corn may be canned on the cob by following this recipe. The flavor of the corn on the cob will be improved if no liquid is added to the jar. Jars without liquid must be processed in the pressure cooker.

GREENS — ALL KINDS

FOLLOW recipe for spinach.

HOMINY

PUT hominy into kettle and boil 3 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

MUSHROOMS

WASH; leave small ones whole, cut large ones and boil 3 minutes. Pack into clean KERR Jars. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

OKRA

SELECT young tender pods, wash well and remove stem end without cutting seed sections, boil 1 minute. Drain thoroughly and pack quickly into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired and fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

OKRA AND TOMATOES

WASH, peel, and cut tomatoes into small pieces. Wash okra well and remove stem ends. Slice okra or leave whole and add to tomatoes. Place on low heat and boil mixture 3 minutes. Pack into clean KERR Jars to within ½ inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table for okra, page 9.

PARSNIPS

GRADE for size. Wash thoroughly. Scrape or pare to remove skin. Slice or dice, boil 5 minutes. Pack into clean KERR Jars. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

PEAS

USE only young tender, freshly gathered peas. Shell, wash and sort according to size. Bring to boil. Keep at boiling temperature. Pack loosely into clean KERR Jars to within 1 inch of top of jar. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt and sugar mixture to each pint jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

PEPPERS

CAN the sweet bell pepper with the skin on. Remove the seed pod. Boil 3 minutes and pack tightly into clean KERR Jars. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

PIMIENTO PEPPERS

SELECT ripe, sound peppers that are free from bruises. To remove the skins plunge the whole peppers into boiling water 12 to 15 minutes, or place them in a moderately hot oven for 6 to 8 minutes. Then dip quickly into cold water, peel, stem and cut out seeds, pack in flattened layers into clean pint KERR Jars to within ½ inch of top of jar. Do not add water or oil. Put on cap, screwing the band tight. Process according to time table, page 9.

POTATOES, NEW IRISH

WASH and scrape small new Irish potatoes, being sure to remove all trace of soil around the eyes. Pack into clean KERR Jars to within ½ inch of top of jar. Add one teaspoon salt to each quart jar if desired. Fill jar to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

PUMPKIN (FOR PIE FILLING)

CUT in medium-sized pieces. Remove peel. Steam, boil or bake until tender. To steam or bake add no water. When boiled add only enough water to cover. Put through sieve to obtain desired texture. Spices may be added if desired. Pack into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 9.

RUTABAGAS

FOLLOW recipe for parsnips.

SALAD MIXTURES

A COMBINATION of such vegetables as peas, celery, corn, carrots, etc., may be canned for salad. Prepare each vegetable as for canning and cut into desired size. Mix together, cover with boiling water and boil for 5 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired. Fill to within ½ inch of top of jar with water in which vegetables were precooked or boiling water. Put on cap, screwing band tight. Process for time necessary for vegetable requiring longest processing.

SALSIFY (OR OYSTER PLANT)

FOLLOW recipe for carrots.

SAUERKRAUT

USE good, sound heads of mature cabbage. 1 pound of salt with 40 pounds of cabbage; 2 ounces (3½ tablespoons) with 5 pounds cabbage. One pound fills 1 pint glass jar.

Remove outside green and dirty leaves. Quarter the head and slice off the core. Shred the cabbage finely and put 5 pounds cabbage and 2 ounces of salt into a large pan and mix with the hands. Pack gently into the crock with a potato masher. Repeat until crock is nearly full. Cover with a cloth, plate and weight. During the curing process, kraut requires daily attention. Remove scum as it forms and wash and scald the cloth often to keep it free from scum and mold. Fermentation will be complete in 10 to 12 days.

As soon as kraut is thoroughly cured, pack into clean KERR Jars, adding enough of the kraut juice, or a weak brine made by dissolving 2 tablespoons salt to a quart of water, to fill jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in water bath for 15 minutes.

SAUERKRAUT (MADE IN JARS)

SELECT, prepare and mix cabbage with salt as in preceding recipe. Pack solidly into clean KERR Jars. Fill with cold water to within ½ inch of top of jar. Put on cap, screwing the band tight. This will ferment for 3 or 4 days. When fermentation ceases, wash outside of jars, tighten screw bands if loose, and store jars without processing. Kraut will be ready for use in 4 to 6 weeks. If stored in cool place, kraut will keep for many months.

SOYBEANS

GREEN soybeans of varieties suitable for table use may be canned. Follow recipe for lima beans except process soybeans in pressure cooker 80 minutes at 10 pounds or 210 minutes in water bath.

SPINACH—GREENS OF ALL KINDS

WASH carefully through several waters to remove dirt and insects. Precook in live steam or place in kettle with just the water clinging to the leaves after the last washing and boil until wilted. Pack at once into clean KERR Jars, being careful not to press too tightly. Add 1 teaspoon salt to each quart jar if desired and fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

SQUASH (ACORN, ZUCCHINI OR ITALIAN OR SUMMER)

WASH, cut in uniform size pieces. Cover with water. Bring to boil. Pack hot and fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

SQUASH (CROOKNECK, HUBBARD OR BANANA)

FOLLOW recipe for pumpkin, omitting spices.

SWEET POTATOES

WASH, boil or steam for 20 minutes, and remove skins. Cut in medium-size pieces, or leave whole. Pack into clean KERR Jars without the addition of liquid, or if desired, fill to within ½ inch of top of jar with water, medium or heavy syrup. Put on cap, screwing the band tight. Process according to time table, page 9. If covered with water or syrup follow time given for wet pack.

SWISS CHARD

WASH carefully through several waters to remove all grit and insects. Precook in live steam or place in kettle with just the water clinging to the leaves after the last washing and boil until thoroughly wilted. Pack at once into clean KERR Jars, being careful not to press too tightly. Add 1 teaspoon salt to each quart jar if desired. Fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table for Greens, page 9.

TOMATOES

WASH tomatoes in clear water, then scald in boiling water only long enough to remove peel (about ½ minute). Plunge into cold water. Peel, core, quarter and pack into clean KERR Jars to within ½ inch of top of jar. Add no water; press tomatoes down to make own juice. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

TOMATOES (FOR SALAD)

WASH tomatoes in clear water, then scald in boiling water only long enough to remove peel (about ½ minute). Plunge in cold water. Peel, core and pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired. Fill to within ½ inch of top of jar with tomato juice or water. Put on cap, screwing the band tight. Process according to time table, page 9.

TURNIPS

FOLLOW recipe for parsnips.

WALNUT OR PECAN MEATS (COLD PACK)

PUT nut meats into clean KERR Jars—Put on cap, screwing the band tight. Process in oven. Use lowest possible heat, 225 °, for 45 minutes any size jar.

MAKE PERFECT AND DELICIOUS Jellies BY THIS TESTED METHOD

PREPARING THE FRUIT

1. Select a mixture of slightly underripe and ripe fruit and prepare it in small lots at a time.
2. Wash fruits thoroughly, discarding any spoiled parts.
3. Cut hard fruits, such as crab apples, quinces and apples into pieces. Berries and currants may be slightly crushed.
4. Add enough water to barely cover hard fruits (about one pint water for each pound of fruit). Currants, grapes and berries need only enough water to start them cooking (about ¼ cup water for each quart of fruit). Boil until fruit is tender.
5. Pour the hot cooked fruit at once into a jelly bag and let drip. When dripping has almost ceased, press jelly bag. Re-strain juice through a fresh jelly bag to make juice as clear as possible.

PECTIN

PECTIN is that substance in some fruits that when heated and combined with fruit acid and sugar causes the substance to congeal or "jell." Not all fruit contains this substance, but the homemaker may extract the pectin from fruits that are known to contain it, such as apples, plums, quinces, etc., and combine it with other fruit juices and feel quite confident that she can make jelly, or use Jelly Compounds (commercially prepared pectin).

TO TEST JUICE FOR PECTIN

THE juice may be tested to determine whether it contains sufficient pectin to make jelly. The amount of pectin will indicate the amount of sugar to be used.

1. To one teaspoon of cooked juice, add one teaspoon of grain alcohol and stir slowly. Wood or denatured alcohol may be used but DO NOT TASTE as the latter two are POISON.
   (a) Juices rich in pectin will form a large amount of bulky gelatinous material.
   (b) Juices moderately rich in pectin will form a few pieces of gelatinous material.
   (c) Juices poor in pectin will form small flaky pieces of sediment.
2. Or mix 2 teaspoons sugar, 1 tablespoon Epsom Salts, 2 tablespoons cooked fruit juice. Stir well and let stand for 20 minutes. If mixture forms into a semi-solid mass the juice contains sufficient pectin.

Pectin must be added to juices poor in pectin by adding other juice which is high in pectin (see pectin recipe, page 24) or commercial pectin may be used.

TO TEST FOR ACID

JUICES rich in pectin may lack acid to make good jelly. No simple household method can be used except tasting the juice for tartness. Lemon juice may be added if necessary to give acid content.

ADDING THE SUGAR

THE amount of sugar to be added will be determined by the pectin content of the juice.

The less pectin the less sugar used.

For juices rich in pectin use ¾ cup of sugar to 1 cup of juice; for juices poor in pectin, add only ½ cup of sugar to 1 cup of juice. The juice should be boiling when the sugar is added. Cooking of jelly should be done as rapidly as possible.

As a rule jellies and preserves made in small quantities are more satisfactory. Work with not more than 6 to 8 cups of juice at a time. Fruit juices may be canned during summer and made into jellies as wanted.

TESTING FOR THE JELLY POINT

DIP a spoon or wooden paddle in syrup. As the boiling mass nears the jellying point it will drop from the side of spoon in two drops. When the drops run together and slide off in a flake or sheet from the side of the spoon, the jelly is finished and should be removed from the heat at once.

Remove the foam from the jelly and pour at once into sterilized KERR Jelly Glasses. The glasses should be dry. Fill glasses with jelly only to within ¼ inch of the top.

A candy or jelly thermometer may be used in testing for the finished jelly. The temperature of the boiling juice at the jellying point will be from 220° to 222° F. at sea level. At higher altitudes the temperature will be lower.

SEALING WITH PARAFFIN

AS SOON as the jelly has become firm it is ready to seal. With a damp cloth remove any particles of the jelly that may be on the glass above the surface of the jelly. Melt paraffin in a pan over low heat until it is quite hot. Pour a thin layer of the melted paraffin over the jelly. Slightly rotate the glass as soon as the paraffin is poured on so the paraffin will stick to the glass above the surface of the jelly. This makes a good seal. Place the clean dry lid on the jelly glass. Label and store jelly in a cool, dry place.

To make jelly with all white corn syrup or honey use ¾ cup corn syrup or 1 cup honey to each cup fruit juice. However, flavor of syrup or honey may be more pronounced than the fruit flavor. It is best to replace not more than ½ the sugar with white corn syrup or honey by using one cup syrup or honey for each cup sugar omitted. Proceed same as for jellies made with sugar.

★ FRUIT AND COMBINATIONS OF FRUITS MAKING GOOD JELLY

Apple; Apple and Mint
Apple and Strawberry
Apricot and Plum
Blackberry
Crab Apple
Crab Apple and Cherry
Crab Apple and Raspberry
Currants, all kinds
Currant and Apple
Currant and Apricot
Currant and Pear
Currant, Peach and Pineapple
Fig; Fig and Lemon
Grape
Grape, Muscadine
Grape and Apple
Grape and Apricot
Grape and Orange
Grapefruit
Grapefruit and Cherry
Grapefruit and Roselle
Lemon
Lemon and Cherry
Lemon and Raspberry
Loganberry
Loganberry and Pineapple
Orange
Orange and Apple
Orange and Pineapple
Orange and Plum
Peach and Lemon
Peach and Apple
Peach and Quince
Pineapple and Quince
Plum
Plum and Raspberry
Quince
Quince and Apple
Quince and Apricot
Raspberry
Raspberry and Currant
Roselle

NEW Jellies AND OLD

★ A good jelly is clear, sparkling and attractive in color. When removed from the glass it should retain its shape and quiver. When cut it should be tender, yet firm enough to retain the angle of the cut. KERR Jelly Glasses are made in two sizes and in plain and ornate designs which make beautiful moulds.

APPLE JELLY

WASH sound apples, cut in eighths but do not peel, remove cores. Or apple jelly may be made from parings and cores of tart apples used in other canning. Discard all faulty parts. Cover with water and cook until fruit is quite done. Strain twice. Add ¾ cup sugar to 1 cup of boiling juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

BLACKBERRY JELLY

RECIPE NO. 1

If this recipe is not followed
exactly, failure will result.

PUT 1 quart of freshly gathered and slightly underripe whole berries in pan with no sugar or water—cook until done. Take off stove and strain and measure, then put juice back on stove and bring to a boil. Add 1½ cups of sugar to each cup of juice. Take off heat immediately and stir until sugar is dissolved. Pour into sterilized KERR Jelly Glasses.

RECIPE NO. 2

SAME as grape jelly but not necessary for juice to stand overnight.

CRAB APPLE JELLY

SELECT sound crab apples. Wash and remove blossom end. Cut into quarters without peeling. Barely cover with water and boil until fruit is tender. Strain juice through jelly bag. Measure and bring juice to boiling point. Add ¾ cup of sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

CRAB APPLE AND RHUBARB JELLY

2 cups crab apple juice **3 cups sugar**
2 cups rhubarb juice

WASH and remove blossom end from crab apples. Cut into quarters without peeling. Barely cover with water. Boil fruit until tender. Strain juice through jelly bag. Wash rhubarb and cut into 1 inch pieces. Add small amount of water to start rhubarb cooking; boil until tender. Strain juice through jelly bag. Mix with the crab apple juice. Measure and bring juice to boiling point. Add sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

CURRANT JELLY (SPICED)

5 pounds currants **1 tablespoon whole cloves**
4 tablespoons stick cinnamon **Sugar**

WASH currants but do not remove stems; mash slightly to start juice; cook slowly until currants look white. Drain in jelly bag. Tie spices in cheesecloth and boil in extracted juice 10 minutes. Remove spices, measure juice, and for each cup juice add ¾ cup sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

GRAPE JELLY

WASH and stem grapes. Crush grapes, add small amount of water and boil 15 minutes. Press through a jelly bag and strain. Measure juice and heat to boiling point. For each cup of juice add ¾ cup of sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses. Crystals frequently form in grape jelly. To prevent this allow the extracted juice to stand overnight in a cool place. Next morning carefully pour the juice off the sediment in the bottom of the pan.

GUAVA JELLY

1½ cups guava juice **1¼ cups sugar**
1 tablespoon lemon juice

CUT guavas into small pieces without removing the skins. Cover with water and boil for 5 minutes. Strain juice through jelly bag. Strain a second time if necessary to clear it. Measure juice and bring to boiling point. Add lemon juice and sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

LOQUAT JELLY

GATHER loquats when full size, but still hard and only partially turned in color. Wash, remove blossom ends, barely cover with cold water. Cook slowly until pulp is very soft and juice entirely free. Drain, cook down until juice is thick and cherry colored, then add an equal amount of sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

MINT JELLY

2 cups apple juice **¾ teaspoon mint extract**
1½ cups sugar **Green vegetable coloring**

COMBINE apple juice and sugar and boil rapidly. When the mixture is nearing the jelly stage, add the mint extract. Boil rapidly to jelly stage. When ready to remove from heat, add the green coloring to give desired shade. Pour into sterilized KERR Jelly Glasses.

ORANGE JELLY

Juice of 6 lemons
6 whole oranges sliced, peeling and all

EXTRACT lemon juice and measure. To the lemon juice add 3 times as much water. Slice the oranges and pour the lemon juice mixture over them. Let stand overnight. Boil until soft, strain through a double cheesecloth bag. To each two cups of juice add 1¾ cups sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses. If Orange Pineapple Jelly is desired, add ¼ cup of pineapple juice to each 1½ cups of the orange mixture.

PEACH JELLY

PEACHES or peach peeling may be used. Cover with water and boil until juice is well extracted. To each pint of this peach juice add 1 pint of apple pectin and juice of half lemon. Bring to boil and add ¾ cup of sugar to each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

PINEAPPLE JELLY

2 cups pineapple juice **3 cups sugar**
2 cups tart apple juice

PEEL fresh pineapple. Remove the core. Partly cover the pineapple with water. Boil until fruit is tender. Strain juice through jelly bag. Wash tart apples. Cut into quarters without peeling and barely cover with water. Cook until fruit is tender. Strain juice through jelly bag. Mix 2 cups of pineapple juice with 2 cups of the apple juice and bring to the boiling point. Add 3 cups of sugar and boil rapidly to the jelly stage. Pour into sterilized KERR Jelly Glasses.

PLUM JELLY

WASH plums, cover with cold water and boil until plums are quite soft. Press juice through jelly bag, strain and measure. Bring juice to a boil, add ¾ cup sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

PLUM AND ORANGE JELLY

5 pounds plums (10 cups, cut up) **1 lemon**
6 oranges **Sugar**

WASH plums, cover with water, add oranges and lemons after slicing or chopping. Cook until plums are soft. Drain in jelly bag. Measure and for each 4 cups juice, add 3½ cups sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

QUINCE JELLY

CUT quinces in small pieces, cover with water and cook until tender. Strain juice through jelly bag and measure. Bring juice to a boil and add 1 cup of sugar for each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

QUINCE AND CRANBERRY JELLY

4 pounds cranberries **3½ pounds quinces**
6 cups water **Sugar**

WASH cranberries and boil in the 6 cups of water until the berries burst open. Strain juice through jelly bag. Wash and rub fuzz from quinces, quarter and remove cores. Cover with 1 pint of water per pound of fruit; boil 30 minutes or until tender. Strain juice through jelly bag. There should be about 3½ cups juice of each fruit. Combine juices and heat to boiling point. Add ¾ cup of sugar to each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

ROSE GERANIUM JELLY

SELECT sound, tart apples. Wash and cut off blossom ends. Do not remove peeling. Cut into quarters and barely cover with water. Cook until fruit is tender. Strain juice through jelly bag and measure. Bring to boiling point and add ¾ cup of sugar for each cup of juice. Boil rapidly to jelly stage and when almost done, immerse in the boiling jelly 2 or 3 rose geranium leaves. These will wilt quickly and give off their flavor. Tint with rose vegetable coloring. Pour into sterilized KERR Jelly Glasses.

SPICED JELLY

1 peck wild grapes **¼ cup stick cinnamon**
1 pint vinegar **6 pounds sugar**
¼ cup whole cloves

REMOVE stems from grapes, put in preserving kettle with vinegar and spices, and cook until grapes are soft. Strain through double cheesecloth or jelly bag and boil liquid 20 minutes. Measure and add one cup sugar for each cup of juice, boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

STRAWBERRY JELLY

1 cup apple pectin
1 cup strawberry juice
1 cup sugar

BRING pectin and strawberry juice to boil. Add sugar and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

STRAWBERRY-RHUBARB JELLY

4 cups juice **1 bottle fruit pectin**
8 cups sugar

TO PREPARE fruit, cut about 1 pound fully ripe rhubarb in 1 inch pieces and put through food chopper. Crush thoroughly or grind, about 2 heaping quarts fully ripe strawberries. Combine fruits; place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring rapidly to a boil and at once add pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from heat, skim, pour quickly into sterilized KERR Jelly Glasses.

APPLE PECTIN

2 pounds apple pulp (or skins and cores)
4 cups water **Juice of 1 lemon**

BOIL for 40 minutes. Press the juice through a cloth bag, then strain this juice through a flannel bag without pressure. Boil juice rapidly 15 minutes. Seal in sterilized KERR Jars and use for jelly making from such fruits as peaches, strawberries, cherries, etc., or those fruits that are lacking in pectin. Add 1 cup apple pectin for each cup of other fruit juice used. Usually ¾ cup sugar to 1 cup of the combined juices is correct, or test combined juices for pectin content (page 22).

ORANGE OR LEMON PECTIN

USE only the white peel of oranges or lemons. Wash the fruit and grate off the yellow rind. For each pound of the fresh white peel, use 2 quarts of water and 1 tablespoon of tartaric acid. Add the acid to the water and stir until dissolved. Put the fresh peel in a pan and cover with the acid solution. Allow the mixture to stand for an hour or two. Measure the depth of the mixture in the pan. Boil rapidly and stir constantly until the volume is reduced to half. Strain through four thicknesses of cheesecloth.

Make two more extractions in this same way, using 2 quarts of water and 1 tablespoon of tartaric acid to the pomace each time. It is not necessary to allow the mixture to stand after the first time.

Combine the 3 extractions. There should be about 2½ pints. Bring the pectin to the boiling point. Pour into clean KERR Jars. Put on cap, screwing the band tight. Process in water bath 30 minutes at simmering temperature (180° F.). To make jelly from fruit juices lacking in pectin use ¼ cup of this pectin to each cup of fruit juice. Usually 1 cup of sugar to each cup of the combined fruit juice and pectin is correct.

Preserves

★ **When fruits or a mixture of fruits are combined with an equal amount or ¾ as much sugar as fruit and cooked until the syrup is quite thick and the fruit transparent or shiny, the product is a preserve.**
SEALING: Preserves may be sealed hot but standing in the syrup unsealed after cooking helps to plump the fruit and prevent it from separating from the syrup. When cooking is complete pour the preserves into shallow pans and allow to set overnight or until cold. When preserves are cold, pack into clean KERR Jars to within ½ inch of top of jar. Cover surface with hot paraffin (see page 21 for detailed information on sealing with paraffin). Or put KERR Mason Caps on jars and process the jars 20 minutes at simmering temperature in water bath.
TO MAKE preserves, jams, butters, conserves and marmalades with all white corn syrup or honey, substitute 1 cup white corn syrup or honey for each cup of sugar called for in recipe. However, it is best to replace not more than ½ the sugar called for in recipe with white corn syrup or honey. Then proceed same as recipe instructs. Stir frequently during boiling period as syrup or honey cause more sticking.

BERRY PRESERVES

5 pounds berries (3 heaping quarts)
3 pounds sugar (6 cups)

WASH and pick over the berries, let cook slowly until the juice is extracted, add sugar, then boil rapidly for 20 minutes. Pour into sterilized KERR Jars and seal.

CHERRY SUNSHINE PRESERVES

1 quart seeded sour cherries
4 cups sugar **½ cup light corn syrup**

PLACE a cup of cherries in saucepan and cover with a cup of sugar. Alternate the layers of cherries and sugar, mixing thoroughly after each addition. Thoroughly mix in the corn syrup and bring fruit to boiling point. Boil 15 minutes, shaking the pan occasionally. Pour into a glass or enamel vessel and let stand 24 hours, stirring occasionally. These will be much improved if the dish is covered with glass and set out in the hot sunshine for a day, stirring once or twice to turn the cherries over. Pour into sterilized KERR Jars without further heating and seal with paraffin or adjust cap and process.

CITRON PRESERVES (VINE CITRON)

PEEL and seed citron, cut in 3 to 4 inch pieces. Cover with water. Cook until citron can be pierced with a straw. Skim out upon platter and add sugar in proportion of 1½ pounds to each pint of juice. Cook until scum quits rising. Put citron back and boil until clear (over 1 hour). Take citron out and boil juice 15 minutes. Slice into juice 3 lemons to each 4 quarts and boil 15 minutes. Use lemon juice and peel, removing all seeds. Fill sterilized KERR Jars with fruit to within ½ inch of top of jar and add hot juice to this level. Seal immediately.

CRAB APPLE PRESERVES

SELECT uniform and perfect crab apples, wash, remove blossom end. Leave stems on and do not peel. Make a syrup by boiling 6 cups sugar and 3 cups water together for 5 minutes. Add crab apples to the syrup and boil until they are tender and transparent. Pour into sterilized KERR Jars and seal.

CURRANT PRESERVES

SAME as berry preserves except use pound of sugar to each pound of fruit.

FIG PRESERVES

SIX quarts figs with about 6 quarts boiling water poured over them. Let stand 15 minutes, then drain and rinse figs in clear, cold water. While they are draining from last rinse, prepare syrup by mixing 4 pounds sugar (8 cups) with 3 quarts water, bring to boil, boil hard 10 minutes and skim, then slowly drop figs into it, a few at a time so as not to cool syrup. Cook rapidly until figs are transparent. Lift out and place them in shallow pans, boil syrup down until thick, pour over figs and let stand until morning. Then pack into clean KERR Jars, put on cap, screwing the band tight, and process in water bath for 20 minutes at simmering temperature (180° F.), or bring to boil and then pack into sterilized KERR Jars and seal. Sliced lemon or sliced preserved ginger may be added.

GRAPE PRESERVES

CUT grapes in halves and remove seeds. Measure and add an equal amount of sugar. Cook gently, stirring frequently until of jelly-like consistency. Pour into sterilized KERR Jars and seal.

GREEN TOMATO PRESERVES

5 pounds (11 cups, chopped) green tomatoes
4 pounds (8 cups) sugar **2 lemons sliced thin**

CUT tomatoes into small cubes or chunks, cover with hot water and boil 5 minutes. Drain, add sugar to tomatoes and let stand about 3 hours or longer. Drain off syrup and boil rapidly until it spins a thread when dropped from a spoon. Add tomatoes and lemons. Boil until thick and clear (about 10 minutes). Pour into sterilized KERR Jars and seal.

KUMQUAT PRESERVES

2 pounds whole kumquats (after cooking)
2 pounds sugar **1 quart water**

SPRINKLE fruit with dry soda (about one heaping tablespoon of soda to one quart of fruit). Cover with boiling water and let stand until cool. Pour soda water off and rinse fruit through 2 or 3 changes of cold water. Drain well and stick each kumquat to prevent bursting. Drop in sufficient boiling water to cover and cook 10 or 15 minutes (until tender). Boil sugar and water together for 10 minutes. Add drained kumquats and cook until fruit is clear and transparent. Carefully place fruit into trays, pour syrup over it and allow to remain overnight to plump. Reheat and pack kumquats into sterilized KERR Jars. Boil syrup to desired consistency and fill jars to within ½ inch of top of jar, and seal immediately.

PEACH PRESERVES

9 cups sliced underripe peaches
¾ cup water **6 cups sugar**

COOK the peaches in the water for about 5 minutes or until barely tender. Keep heat low and watch so the peaches will not scorch. Drain off juice and add sugar. Boil until the sugar spins a thread. Then add the peaches and cook very rapidly 10 to 12 minutes. Remove from heat, skim if necessary. Let stand in a shallow bowl or tray for 24 hours. Pack into sterilized KERR Jars and seal with paraffin.

PEAR PRESERVES

3 quarts pears (sliced or chopped) **4½ cups sugar**
3 cups water or juice **6 slices of lemon (if desired)**

PARE fruit (if hard, cook until tender in water). Make syrup of liquid and sugar, add fruit to partly cooled syrup and bring gently to boil. Add lemon, if desired. Boil rapidly until clear and tender, cool rapidly. Stand in syrup to plump. Pack fruit into sterilized KERR Jars and add reheated syrup to within ½ inch of top of jar. Seal immediately.

PINEAPPLE PRESERVES

1 pound pineapple (3 cups) **½ cup water**
1½ cups sugar

SLICE pineapple, pare, remove eyes and take out core. Cut in small cubes or grate. Put sugar and fruit into preserving kettle with small amount of water and cook for 20 minutes. Pour into sterilized KERR Jars and seal.

PLUM PRESERVES

2 quarts plums cut off seeds **6 cups sugar**

WASH fruit, cut off the seeds and measure. Put the sugar over the plums and let stand for 3 or 4 hours. Cook rapidly, stirring frequently, until liquid gives jelly test. Pour into sterilized KERR Jars and seal.

QUINCE-APPLE PRESERVES

PARE the quinces and use ½ as many apples as you have quinces. Weigh and for each pound of fruit use ¾ pound of sugar. Cook the quinces in boiling water until tender, then add the sugar and apples and cook until the apples are tender. Pour into sterilized KERR Jars and seal.

RASPBERRY-STRAWBERRY-CHERRY PRESERVES

2 pints raspberries **Equal amount of sugar**
2 pints strawberries **by weight, of all fruits**
1 or 1½ pounds cherries

COMBINE all ingredients and boil 25 minutes. Add ½ cup lemon juice and boil 2 minutes more. Remove from heat and allow to cool. When cold pour into sterilized KERR Jars and seal with paraffin. When these preserves are finished, they may look as if they are too thin, but consistency thickens upon standing and after being packed into jars.

STRAWBERRY PRESERVES No. 1

2 heaping quarts strawberries
9 cups sugar **1 cup water**

WASH and hull strawberries before measuring. Put sugar and water into large preserving kettle, stir and boil until sugar is well dissolved. Add the strawberries. Boil 15 minutes (rolling boil). Do not stir but shake kettle and skim. Pour into flat pans or trays and shake occasionally until cold. The shaking is the secret of success. It causes the berries to absorb the syrup and remain plump and whole. Put into sterilized KERR Jars when cold and seal with paraffin. Never cook more than 2 quarts at a time. Best to shake all the time while cooking and cooling.

STRAWBERRY PRESERVES No. 2

1 pint strawberries (after stemming) **1 pint sugar**

BOIL together for 10 minutes. Remove from heat. Cool. Add another pint of strawberries and another pint of sugar. Boil 10 minutes more. Allow to stand until cold. Pour into sterilized KERR Jars and seal with paraffin.

TOMATO PRESERVES

5 pounds (11 cups, quartered) ripe tomatoes
4 pounds sugar **2 lemons sliced thin**

SCALD, peel and quarter tomatoes. Add sugar and let stand overnight. Drain off juice and boil it rapidly until it spins a thread when dropped from spoon. Add tomatoes and lemons and boil until they are thick and clear. Pour into sterilized KERR Jars and seal.

WATERMELON RIND PRESERVES

SELECT melons with thick rinds. Peel off all green portion using only the white part of the rind. Cut into small dice. Soak in mild salt water overnight (½ cup salt to 1 gallon water). Remove from the salt water and cook in clear water for about 30 minutes or until tender. Drain well. For 4 pounds (11 cups) of the melon rind, make a syrup of 9 cups sugar, 8 cups water, 4 lemons sliced, and add 4 teaspoons stick cinnamon, 4 teaspoons cloves (tie spices in cheesecloth bag). Boil the syrup and spices 5 minutes before adding the rinds. Add rinds and cook until transparent and clear. If desired, a few minutes before removing from heat add enough green or red fruit coloring to tint preserves. Remove spice bag, pour into sterilized KERR Jars and seal.

Jams

★ **Jams are made of crushed fruits, mixed with sugar and cooked until thick. In order to save time, stirring, and practically eliminate the danger of scorching, many homemakers bake the jams in the oven. Cook the mixture in open pan over the heat until it comes to boil and all ingredients are thoroughly mixed, then put pan in slow or moderate oven (hot enough to keep jam bubbling) and bake, stirring occasionally.**

AMBER JAM

1 orange **1 grapefruit**
1 lemon **Sugar**
⅛ teaspoon salt

WASH and remove peel from the fruit. Cut the peel in thin slices. Add 1 quart of water to the sliced peel and boil 5 minutes. Drain. Add quart of fresh water, boil and drain again. Repeat for a third time. Remove seeds and "rag" from the peeled fruit. Slice thin and add to the boiled peel. Measure the fruit and peel and add twice as much water as fruit and peel. Boil rapidly for 40 minutes. Measure the mixture and add an equal measure of sugar and the salt. Boil rapidly, stirring frequently, until thick and amber colored (about 25 minutes). Allow to stand in kettle until slightly cooled. Then stir and pour into sterilized KERR Jars and seal with paraffin or tighten cap and process for 20 minutes in water bath.

APRICOT-PINEAPPLE JAM

SEE Pineapple-Apricot Jam.

APRICOT-RASPBERRY JAM

2 pounds apricots (6 cups sliced)
¼ cup water **4½ cups sugar** **1½ cups raspberries**

ADD water to apricots which have been pared and pitted. Add sugar and raspberries and cook until jam is of desired consistency. Pour into sterilized KERR Jars and seal while hot.

BERRY JAM

WASH and pick over berries. Crush the berries to start juice. Measure berries and juice and heat through. Add ¾ cup sugar for each cup berries and juice. Cook, stirring frequently, until of desired consistency. Pour into sterilized KERR Jars and seal while hot.

BLACKBERRY AND APRICOT JAM

1 cup apricots **1 cup blackberries**
⅓ cup blackberry juice **1½ cups sugar**

SLICE ripe apricots. Add blackberries, juice and sugar and cook to the desired consistency. Pour into sterilized KERR Jars and seal while hot.

CRANBERRY JAM, SPICED

8 cups cranberries **6 cups sugar**
1 cup each water and vinegar
1 tablespoon ground cinnamon
½ tablespoon ground cloves
½ tablespoon ground allspice

MASH cranberries lightly; add vinegar and water and cook until soft. Put through coarse strainer; add spices and sugar, cook 8 minutes, stirring often. Pour into sterilized KERR Jars and seal while hot.

DAMSON PLUM JAM

4 quarts damson plums
1 quart cold water **Sugar**

WASH plums, remove the seeds, add the water and cook the fruit until soft. Measure and add two-thirds as much sugar as fruit. Stir mixture over low heat until sugar is dissolved. Boil rapidly until mixture is thick and clear. The flavor of the plums should be practically unchanged and the color rich sparkling red. Pour into sterilized KERR Jars and seal while hot.

DRIED APRICOT-PINEAPPLE JAM

2 cups dried apricots **½ lemon thinly sliced**
2 cups crushed pineapple **4 cups sugar**

WASH apricots. Cover with cold water and soak overnight. Simmer until tender in water in which they were soaked. Mash apricots and add pineapple, lemon and sugar. Simmer, stirring frequently until thick and clear. Pour into sterilized KERR Jars and seal while hot.

FIG JAM

SCALD 6 quarts figs in 6 quarts boiling water; let stand 15 minutes. Drain, rinse thoroughly in clear, cold water, drying and pressing fruit until all water is out. Weigh or measure figs, remove stems and crush; allow half as much sugar as fruit. Put in barely enough water to start fruit cooking, then boil down until thick—or put in oven and bake. A little sliced lemon or orange, or preserved ginger or nut meats may be added, as preferred. Pour into sterilized KERR Jars and seal while hot.

FIG JAM WITH HONEY

MUCH depends upon the sweetness of the honey, but ordinarily 1 cup honey equals 1 cup sugar. Peel figs, allow ¾ as much honey as fruit and let cook slowly, stirring constantly. When thick, pour into sterilized KERR Jars and seal while hot. A little sliced lemon or chopped walnuts in fig jam makes it delicious.

GINGER-QUINCE JAM

4 pounds quinces **¼ pound crystallized ginger**
8 cups sugar **2 lemons**

WASH, pare and remove cores from the quinces. Chop in fine pieces, cook in boiling water to cover, until tender. Add sugar, chopped ginger, juice and grated rind of lemon. Cook until thick. Pour into sterilized KERR Jars and seal while hot.

GRAPE JAM

3 pounds grapes (4 cups) **1 cup chopped raisins**
2 oranges **2 cups sugar**

WASH grapes and remove stems. Add 1 cup water and cook until tender and skins are bursted. Rub through coarse strainer and add juice and grated rind or oranges, raisins and sugar. Cook until thick, then pour into sterilized KERR Jars and seal while hot.

LOQUAT JAM

WASH and seed whole, ripe fruit, remove blossom end and all imperfections. Run through food chopper and measure the pulp. Barely cover with cold water and cook until tender and deep red. When cooked down add sugar in equal measure and cook until thick—two hours or more, when as much as 4 or 5 quarts are used. Pour into sterilized KERR Jars and seal while hot.

PEACH JAM

CUT well ripened peaches into small pieces. Put into large kettle without the addition of water. When peaches have begun to soften, crush them slightly. Cook slowly about 20 minutes or until peaches are slightly softened. Measure peach pulp and for each cup of peaches add 1 cup of sugar. Return to heat and cook until of desired consistency (about 20 minutes). Pour into sterilized KERR Jars and seal while hot.

PEACH-PLUM JAM

3 pounds peaches (7 cups)
3 pounds red plums (7 cups)
12 cups sugar
1 lemon (sliced very thin)

PEEL and pit peaches, pit plums, cut fruit into small pieces and crush lightly. Add sugar and lemon and cook to desired consistency. Pour into sterilized KERR Jars and seal while hot.

PEAR HONEY

3 pounds ripe pears (9 cups)
1 cup grated pineapple
Grated rind and juice 1 fresh lime
5 cups sugar

WASH, pare and core the pears; slice before measuring. Put through a food chopper using the fine blade. Combine pears and pineapple. Add the lime rind and juice. Add sugar and cook over slow heat, stirring frequently. Cook for 20 minutes. Pack into sterilized KERR Jars and seal while hot.

PEAR AND TART APPLE JAM

1 pint diced pears — **3½ cups sugar**
1 pint diced tart apples — **Grated rind ½ lemon**
Juice of 1 lemon

PEEL and dice fruit. Mix all ingredients thoroughly. Boil mixture until it is thick and clear (about 25 minutes), stirring frequently. Pour into sterilized KERR Jars and seal while hot.

PINEAPPLE AND APRICOT JAM

2½ pounds fresh apricots (7 cups sliced)
3 cups grated, canned pineapple — **5 cups sugar**

WASH and slice apricots, mix with sugar and pineapple (fruit and juice). Cook until desired consistency (about 25 minutes). Pour into sterilized KERR Jars and seal while hot.

PINEAPPLE-RHUBARB JAM

SEE recipe for Rhubarb-Pineapple Jam.

QUINCE-GINGER JAM

SEE recipe for Ginger-Quince Jam.

RASPBERRY AND CHERRY JAM

4 cups pitted cherries — **8 cups sugar**
4 cups crushed raspberries — **1 cup water**

COOK the cherries in a very small amount of water until the skins are tender. Add the raspberries and the sugar and boil the mixture until thick. Pour into sterilized KERR Jars and seal while hot.

RHUBARB JAM

5 quarts chopped rhubarb — **1 orange**
10 cups sugar — **1 pound dried figs**
1 lemon

CHOP rhubarb, mix with sugar and let stand overnight. In the morning put the lemon, orange and figs through food chopper. Mix all ingredients together and simmer slowly 3 hours, stirring often. Pour into sterilized KERR Jars and seal while hot.

RHUBARB AND PINEAPPLE JAM

7 pounds rhubarb (22 cups) — **10 cups sugar**
2 medium-sized pineapples (8 cups)

CHOP rhubarb and pineapples into small pieces. Add half the sugar and cook 15 minutes. Then add remaining sugar and simmer, stirring often, until rich and thick. Pour into sterilized KERR Jars and seal while hot.

RHUBARB-STRAWBERRY JAM

2 pounds strawberries (4 cups, mashed) — **6 cups sugar**
2 pounds rhubarb (8 cups, ½-inch pieces)

WASH fruit. Cut rhubarb into ½ inch pieces. Cover rhubarb with half of the sugar and let stand 1 to 2 hours. Crush berries and mix with remaining sugar and combine with rhubarb. Place mixture over low heat until sugar is dissolved, then boil rapidly, stirring frequently to prevent burning. Cook until thick. Pour into sterilized KERR Jars and seal while hot.

STRAWBERRY JAM

6 cups strawberries — **5 cups sugar** — **Juice 1 lemon**

MASH berries to make 6 cups. Mix with sugar. Cook rapidly for about 20 minutes or until thick. Add lemon juice a few minutes before cooking is complete. Pour into sterilized KERR Jars and seal while hot.

STRAWBERRY-CHERRY JAM

3 cups strawberries, hulled — **Juice of 1 lemon**
3 cups cherries, pitted — **½ orange, sliced thin**
4½ cups sugar

COMBINE strawberries and cherries. Add sugar, lemon juice and sliced orange. Cook rapidly, stirring constantly, until thick. Pour into sterilized KERR Jars and seal while hot.

STRAWBERRY AND PINEAPPLE JAM

COMBINE equal parts of strawberries and shredded pineapple with sugar equal in weight to the fruit. Boil until clear and thick like jam. Pour into sterilized KERR Jars and seal while hot.

TOMATO JAM

5 pounds ripe tomatoes (11 cups, quartered) — **2½ cups vinegar**
3 cups seedless raisins
5 cups brown sugar
1 tablespoon each whole cloves, allspice and stick cinnamon

CUT tomatoes in pieces after peeling. Add sugar and vinegar, and spice tied in cheesecloth. Boil slowly for 2 hours, add raisins, chopped, and boil 1 hour longer. Remove spices and pour into sterilized KERR Jars and seal while hot.

WINTER JAM

3 cups cranberries — **1½ cups crushed pineapple**
1½ cups diced apples, peeled — **2 tablespoons lemon juice**
1½ cups water — **3½ cups sugar**

COOK the cranberries and apples in the water until they are clear and tender. Press fruit through sieve to remove cranberry skins. Measure, there should be 3 cups of the pulp. Add pineapple without draining it, lemon juice and sugar. Mix well and boil rapidly until thick and clear (about 6 to 8 minutes). Pour into sterilized KERR Jars and seal while hot.

Marmalades

★ **Marmalades are made from fruits or a combination of fruits often including citrus fruits. The fruit appears in small pieces throughout the clear, transparent jelly-like product.**

APRICOT MARMALADE

1 pound dried apricots 4 cups water 2 cups sugar

WASH fruit, soak 8 hours in the 4 cups of water. Place over heat in water in which it has soaked; simmer until very soft; rub through coarse sieve, return pulp to heat; when it reaches boiling point, add sugar and simmer gently for 40 to 45 minutes, stirring almost constantly as it scorches very easily. To vary the marmalade, add ½ teaspoon ground cinnamon or 1 tablespoon chopped raisins or grated orange peel to it while cooking; chopped almonds may be added with orange peel. Pour into sterilized KERR Jars and seal while hot.

APRICOT AND PRUNE MARMALADE

MADE the same as Apricot Marmalade, using ½ pound each of apricots and prunes instead of 1 pound apricots.

BLACK CHERRY AND ORANGE MARMALADE

2 medium-sized oranges 3½ cups sugar
1 quart sweet pitted black cherries ⅓ cup lemon juice

WASH and slice oranges. Cover them with 3 cups of water and cook until soft. Add the cherries, sugar and lemon juice. Boil the mixture until it is thick and clear. Pour into sterilized KERR Jars and seal while hot.

CARROT AND ORANGE MARMALADE

2 cups ground raw carrots 2 lemons
1 orange Sugar
Water, about 3 cups

SQUEEZE the orange and lemons and save the juice. Then grind the rinds and cook in enough water to cover until tender (about 30 minutes). Add the ground carrots and cook until tender (about 20 minutes). Add the orange and lemon juice. Measure the mixture and add an equal amount of water (about 3 cups). For each cup of this mixture add ⅔ cup sugar, which should be about 4 cups. Boil to the jelly stage. This will require about an hour. Pour into sterilized KERR Jars and seal while hot.

CARROT AND PINEAPPLE MARMALADE

4 cups carrots (ground fine) 3½ cups sugar
Grated rind and juice 2 lemons 1 cup diced pineapple
Grated rind and pulp 3 oranges 1 cup pineapple juice
1 teaspoon ground ginger

COOK carrots, grated rind of lemons and oranges and orange pulp in as little water as possible (about 5 cups) until tender (about 40-45 minutes). Add the ginger, sugar, pineapple and pineapple juice. Cook until thick and clear. Add lemon juice and cook 5 minutes. Pour into sterilized KERR Jars and seal while hot.

GRAPEFRUIT MARMALADE

3 grapefruit **Sugar**
Water **¼ cup lemon juice**

WASH and remove peel from grapefruit. Cut peel into thin slices. Add 5 pints of water to the sliced peel and boil 5 minutes. Drain. Add 5 pints of fresh water, boil another 5 minutes and drain again. Repeat for a third time and drain. Remove seeds and rag from the peeled fruit. Cut in small pieces and add to the boiled peel. Add twice as much water as fruit and peel. Boil rapidly for 40 minutes. Measure fruit and add one cup of sugar for each cup of fruit mixture, add lemon juice and boil rapidly to jelly stage, stirring frequently. Pour into sterilized KERR Jars and seal while hot.

GUAVA MARMALADE

TAKE quite overripe guavas; slice, place with a little cold water in kettle. When cooked soft, press through coarse sieve. Add equal quantity of sugar and juice of one lemon to each pint of pulp. Cook all together until thick. Pour into sterilized KERR Jars and seal while hot.

HARLEQUIN MARMALADE

3 or 4 oranges **4 cups pineapple, grated**
4 cups sugar **3 tablespoons nut meats, chopped**

WASH and remove peel from oranges. Cut peel in thin slices and measure it. There should be 2 cups. Cover peel with water and boil 5 minutes; drain, cover with water again and boil 5 minutes, drain. Repeat a third time and drain. Remove seeds and rag from the peeled oranges. Cut in small pieces. Add sugar to orange peel and bring to boil. Add orange and pineapple and cook until jelly test is obtained and of marmalade consistency (about 30 minutes). Just before removing from heat, add nut meats. Pour into sterilized KERR Jars and seal while hot.

LOQUAT MARMALADE

PUT pulp left in jelly bag after making loquat jelly through coarse strainer, measure and heat slowly with an equal measure of sugar, until of the consistency of marmalade. Pour into sterilized KERR Jars and seal while hot.

ORANGE MARMALADE

4 oranges (2 cups) **3 lemons (1½ cups)** **Sugar**

ADD 3 pints (or 6 cups) of water to the sliced fruit and let stand overnight. Next day cook mixture until tender (about 30 minutes). Let stand overnight. On the third day add 2 cups sugar for each pint of fruit. Cook to jelly stage (about 10 minutes). Pour into sterilized KERR Jars and seal while hot.

ORANGE-PINEAPPLE MARMALADE

6 oranges **1 pineapple or 4 cups grated**
1 lemon **canned pineapple**
Sugar

WASH the oranges and lemon, remove seeds and slice fruit. Add 10 cups water. Cook for one hour. Let stand overnight. Next morning add chopped or grated pineapple. Measure mixture and add one cup sugar for each cup of fruit mixture and cook until thick. Pour into sterilized KERR Jars and seal while hot.

ORANGE-PEACH MARMALADE

12 medium peaches **3 medium oranges**
Sugar (see below)

WASH and peel peaches, wash oranges, remove peel from 1½ of the oranges, discarding this peel. Grind the peeled and unpeeled oranges and the peaches. Measure fruits, there should be about six cups. Place into large preserving kettle; add equal amount of sugar. Bring to boil. Boil rapidly 25 to 30 minutes, stirring occasionally to prevent burning. Pour into sterilized KERR Jars and seal while hot.

ORANGE-APPLE MARMALADE

3 large tart apples **3 lemons**
6 oranges **Sugar**

WASH fruit, pare the apples and discard the skins. Pare oranges and lemons very thin and grind the skins. Remove all white membrane from oranges and lemons and cut fruit in small pieces. Combine fruits and cook slowly in two quarts of boiling water for half an hour. Add 1 cup of sugar for each cup fruit and juice, cook until thick. Pour into sterilized KERR Jars and seal while hot.

PRUNE MARMALADE, SPICED

2 pounds dried prunes
1 cup vinegar
3 cups sugar
1 teaspoon each cloves and cinnamon

SOAK prunes and simmer for an hour in same water, drain and remove pits and cut prunes in small pieces. Return to heat with the liquid, add vinegar, sugar and spices; simmer until thick. Pour into sterilized KERR Jars and seal while hot.

QUINCE MARMALADE

PEEL and quarter equal portions of quince and apple, barely cover with water and cook until tender. Remove from the heat, chopping as fine as possible. Do not pour water off as they cook down low. Use ¾ cup sugar to 1 cup fruit and cook until thick. A little nutmeg or any flavoring may be added. Pour into sterilized KERR Jars and seal while hot.

TOMATO MARMALADE

4 quarts tomatoes (measured whole) **Sugar**
2 oranges **¼ ounce whole cloves**
2 lemons **½ ounce cinnamon stick**

REMOVE peel from tomatoes and slice them. Slice oranges and lemons very thin and quarter the slices. Pour off half the juice from the tomatoes. Weigh the tomatoes and add an equal weight of sugar. Stir until the sugar is dissolved. Add the oranges, lemons and spices which have been tied loosely in cheesecloth bag. Place the mixture over high heat and boil rapidly, stirring often. Cook until clear and thick (about 20 to 25 minutes). Pour into sterilized KERR Jars and seal while hot.

Fruit Butters and Conserves

★ **Fruit butters are the fruit pulp which has been pressed through a sieve or colander and cooked with sugar (spices if desired) until it is thick enough to spread. Cook slowly, stirring frequently to prevent burning. Pour the butter while boiling hot into sterilized KERR JARS and seal immediately.**

★ **Conserves vary from Jams in that they are a mixture of several fruits often combined with raisins and nut meats.**

APPLE BUTTER (SPICED)

16 cups thick apple pulp — **8 cups sugar**
1 cup vinegar — **4 teaspoons cinnamon**

CORE and slice apples but do not peel. Add only enough water to cook apples until soft. Press through fine sieve and measure. Combine all ingredients. Cook until mixture remains in a smooth mass when a little is cooled. This will require about 1½ hours boiling. During cooking stir frequently to prevent burning. Pour into sterilized KERR Jars and seal while hot.

APRICOT BUTTER

5 pounds apricots (15 cups sliced)
6 cups sugar — **Juice and rind of 1 orange**

PIT apricots, cut into small pieces, add sugar and juice and grated rind of orange. Cook to desired consistency. Pour into sterilized KERR Jars and seal while hot.

GRAPE BUTTER

PRESS cooked grape pulp through a strainer to remove seeds and skins. Measure, add one-half as much sugar; cook until thick, stirring frequently. Pour into sterilized KERR Jars and seal while hot.

PEACH BUTTER

SCALD, peel and stone peaches. Cook to pulp using very little water. Press pulp through strainer or sieve. To each cup pulp add one-half as much sugar. Cook until thick and clear. Spices may be added. Pour into sterilized KERR Jars and seal while hot.

PEACH BUTTER (DRIED PEACHES)

1 pound dried peaches — **1 pint water**
1 cup sugar

WASH peaches, soak in the water several hours, cook very slowly in same water until soft enough to mash to a pulp. Mash and add sugar. Simmer slowly until thick, then pour into sterilized KERR Jars and seal while hot.

PEAR BUTTER

WASH pears. Do not peel. Slice. Add small amount of water to start cooking. Cook until very soft. Press through colander. To each cup pulp add ½ cup sugar. (Spices may be added—½ teaspoon cinnamon to 3 cups pulp.) Cook until thick, stirring frequently to prevent burning. Pour into sterilized KERR Jars and seal while hot.

PLUM BUTTER

FOLLOW recipe for Pear Butter. For spice, use ½ teaspoon cinnamon to 4 cups pulp. Juice may be used for jelly or fruit drinks.

TOMATO BUTTER

4 quarts stewed tomatoes — **1 tablespoon cinnamon**
7 cups of light brown sugar — **1 teaspoon allspice**
1 tablespoon ground cloves

COOK very slowly until thick. Pour into sterilized KERR Jars and seal while hot.

TOMATO AND APPLE BUTTER

2 cups apple pulp — **Juice of 1 lemon**
4 cups thick tomato pulp — **4 cups sugar**

COOK apples and tomatoes separately. Tomatoes will not require water. Add only enough water to apples to prevent burning. Cook tomatoes and apples until they are tender. Press through a sieve. Combine all ingredients and heat them, stirring until the sugar is dissolved. Cook mixture rapidly until thick and clear. Pour into sterilized KERR Jars and seal while hot.

APRICOT-ORANGE CONSERVE

4 pounds apricots (3 quarts, quartered)
6 medium-sized oranges — **1 tablespoon lemon juice**
6 cups sugar — **1 cup nut meats, chopped**

WASH and cut apricots into quarters. Slice 3 of the oranges thin without removing the peel. Extract juice from other 3 oranges. Combine all ingredients except nut meats. Cook until thick. Add nut meats 5 minutes before cooking is complete. Pour into sterilized KERR Jars and seal while hot.

CHERRY CONSERVE

3 cups sour cherries **3 cups water**
1 cup seedless raisins **Sugar**

REMOVE pits from cherries and cut raisins in pieces. Add water and boil 30 minutes. To each cup pulp add 1 cup sugar. Cook until thick, stirring constantly. Pour into sterilized KERR Jars and seal while hot.

CHERRY-PINEAPPLE CONSERVE

4 cups cherries, pitted and ground
1 cup crushed pineapple, drained
3 cups sugar

WASH and pit cherries. Run them through food chopper and measure. Drain pineapple and measure. Add pineapple and sugar to cherries. Cook mixture rapidly until thick and clear, stirring frequently to prevent sticking. If desired, ½ cup of chopped nut meats may be added just before removing from the heat. Pour into sterilized KERR Jars and seal while hot.

CRANBERRY CONSERVE

1 quart cranberries **¼ cup nut meats**
1 orange **3 cups sugar**
1 cup raisins

WASH cranberries. Cover with water and cook until tender. Then press through a sieve. Peel oranges and put peel through food chopper. Dice peeled oranges. Mix cranberries, chopped raisins, orange and orange peel together and cook slowly for 10 minutes. Then add sugar and simmer very gently until thick. Chop nut meats in small pieces. Add to mixture a few minutes before cooking is complete. (Any variety of nut meats may be used or may be omitted entirely.) Pour into sterilized KERR Jars and seal while hot.

GOOSEBERRY AND RHUBARB CONSERVE

1½ pounds gooseberries **2 pounds sugar**
1 pound rhubarb **¼ pound nut meats**

PICK and wash the gooseberries, removing both stems and tails, and add the rhubarb, which has been cut in small pieces. Add the sugar and boil until thick. Add the nut meats just before removing from the heat. Pour into sterilized KERR Jars and seal while hot.

PEACH AND CANTALOUPE CONSERVE

4 cups diced peaches
4 cups diced cantaloupe
4 lemons, juice and grated rind
6 cups sugar
1 cup English walnuts, blanched and chopped

COMBINE ingredients, with exception of nut meats. Cook mixture until thick and clear; add nut meats and pour into sterilized KERR Jars and seal while hot.

PEAR CONSERVE

5 pounds firm pears (15 cups sliced)
10 cups sugar
1 pound seedless raisins
Rind of 2 oranges **Juice of 3 oranges and 2 lemons**

PEEL pears and cut in small pieces. Add sugar and let stand overnight. Then add raisins, orange rind cut in small pieces, and juice of oranges and lemons. Cook until thick, or about 30-35 minutes. Pour into sterilized KERR Jars and seal while hot.

PLUM CONSERVE

4 pounds plums (8 cups cut up) **6 cups sugar**
2 lemons (juice and grated rind) **1 cup walnuts**
1 pound seedless raisins

WASH plums, remove seeds, weigh fruit. Combine all ingredients except nut meats. Cook until thick. Blanch nut meats 2 minutes, drain, cut or chop. Add to mixture just before removing from heat. Pour into sterilized KERR Jars and seal while hot.

PRUNE CONSERVE

1 pound raisins **Juice of 4 oranges** **8 cups sugar**
4 pounds prunes (if dried ones are used cut in fourths, soak them in cold water for 5 hours, then drain)
1 pound walnut meats broken in small pieces

BOIL all ingredients except nut meats together until thick. Stir in nut meats 5 minutes before removing from heat. Pour into sterilized KERR Jars and seal while hot.

RASPBERRY-CHERRY CONSERVE

3 cups red sour cherries **4½ cups sugar**
3 cups red raspberries

COOK cherries in very little water (about ½ cup) until skins are tender. Add raspberries and sugar. Cook until thick and clear. Pour into sterilized KERR Jars and seal while hot.

RHUBARB CONSERVE

5 pounds rhubarb **½ teaspoon cloves**
8 cups sugar **1 teaspoon cinnamon**
3 cups weak vinegar **2 cups seedless raisins**
2 oranges **2 cups walnut meats**

WASH rhubarb, cut in pieces and cover with boiling water. Allow to stand 3 minutes and drain. Add sugar, vinegar, grated rind and juice of oranges, spices, and raisins cut in pieces. Cook slowly until thick, add chopped nut meats and pour into sterilized KERR Jars and seal while hot.

STRAWBERRY CONSERVE

3 pints strawberries **1 orange**
2 cups fresh pineapple, chopped **Sugar**
Juice of 1 lemon
½ pound seedless raisins

WASH and hull berries and slightly crush them. Put pineapple through food chopper and measure. Grind raisins and orange, add lemon juice, combine all fruits. This should make about 8 cups crushed fruit. Add sugar equal to weight or measure of all fruit. Cook until thick, stirring frequently. Pour into sterilized KERR Jars and seal while hot.

TOMATO CONSERVE

18 cups tomatoes cut in chunks **6 cups sugar**
3 teaspoons ginger **3 lemons**

COOK tomatoes 75 minutes. Then add sugar, thinly sliced lemon, and ginger. Cook until thick and smooth, then pour into sterilized KERR Jars and seal while hot.

Pickles

★ **Only firm, not too ripe products should be used for pickling. The vinegar and spices must be of good quality. Vinegars come in "grain strength." Use a vinegar of at least 40 to 50 grain strength which is 4% or 5% acidity. Strength of vinegars is usually shown on label on bottle. If too low in strength the pickles will spoil or become soft.**

NOTE: When cold foods such as pickles are packed in jars without heating or processing, the KERR Screw Band should not be removed from the jar before storing as the Cap has not formed a vacuum seal and the Band is necessary to hold the Lid in place.

CHOP SUEY PICKLES

6 large cucumbers, peeled
11 medium-sized onions
3 large sweet green peppers
3 large sweet red peppers
½ cup salt
1 pint vinegar
3 tablespoons mixed spices
½ pint water
4 cups sugar
2 tablespoons celery salt
1 teaspoon curry powder

SLICE very thin the cucumbers, onions and peppers; sprinkle with ½ cup salt and add enough cold water to cover vegetables, let stand overnight, drain thoroughly, add the vinegar, mixed spices, water, sugar, and celery salt, boil about 10 minutes Add curry powder just before removing from stove. Pack into sterilized KERR Jars and seal at once.

CUCUMBER-ONION PICKLES

12 large cucumbers
6 medium-sized onions
¼ cup salt
1 quart vinegar
2 cups brown sugar
1 tablespoon mustard
1 tablespoon turmeric
1 tablespoon cornstarch

WASH, peel and slice cucumbers. Peel and slice onions. Cover with the salt and let stand overnight. Bring vinegar and sugar to a boil. Mix mustard, turmeric and cornstarch with a little cold vinegar and add to vinegar and sugar. Drain cucumbers and onions from salt water. Put in vinegar solution and bring to a boil. Pack into sterilized KERR Jars and seal at once.

CUCUMBER PICKLES

SOAK cucumbers overnight in cold water. Slice but not too thin. Make a syrup of:

2 cups cider vinegar
1 cup water
½ teaspoon mustard seed
1 cup sugar
1 teaspoon mixed spices

Bring to boil—then add cucumbers and boil about 3 minutes until they lose green look. Pack pickles solidly into sterilized KERR Jars, add 1 teaspoon salt to each quart, ½ onion sliced, cover with boiling syrup and seal at once.

CUCUMBER-RAISIN PICKLES

4 cups sliced cucumbers
1 cup salt
1 cup white vinegar
1 cup sugar
6 tablespoons raisins
1 tablespoon celery seed
1 tablespoon mustard seed

SOAK cucumbers overnight in a salt solution made of 1 cup salt to 1 gallon water. Drain. Combine vinegar, sugar, raisins, celery seed and mustard seed. Heat to boiling. Add cucumbers. Boil 10 minutes. Pack into sterilized KERR Jars and seal at once.

CURRY PICKLES

24 medium-sized cucumbers (cubed or thinly sliced)
½ cup salt
8 cups water
1 teaspoon curry powder
2 cups vinegar
2½ cups sugar
¼ cup mustard seed
1 tablespoon celery seed

WASH cucumbers. Drain, combine salt and 8 cups water. Pour over cucumbers. Let

stand 5 hours. Drain, rinse thoroughly, combine remaining ingredients. Heat to boiling, pour over cucumbers, heat to boiling and pack into sterilized KERR Jars and seal at once.

DELICIOUS PICKLES

WASH cucumbers, pack into sterilized KERR Jars. Solution (sufficient for 3 gallons of pickles in glass jars):

1 gallon vinegar **1 cup salt**
½ pound (16 tablespoons) dry mustard (work into paste with a little of the vinegar)

Pour over cucumbers in jars and seal at once.

DILL PICKLES

SOAK medium-sized cucumbers overnight in a brine made of 1½ cups of salt to 4 quarts of water.

Make a canning brine of 10 quarts of water, 1 quart of vinegar and 2 cups of salt and boil 10 minutes. Let this brine stand overnight. In morning, drain cucumbers and place in sterilized KERR Jars with small bunches of dill. If desired, 1 cup of grated horseradish and 1 cup of mustard seed may be used with the dill by placing a small amount of each in each jar.

Pack cucumbers tight. Add small red pepper to each jar if desired. Cover cucumbers in jars with the cold canning brine, being sure brine covers cucumbers. Put on cap, screwing band tight. These will ferment for 3 or 4 days.

DILL PICKLES—Kosher Style

SOAK medium-sized cucumbers 24 hours in a brine made of 1 cup salt to 8 cups water. Remove from brine and dry. Make a vinegar solution of 2 cups white vinegar to 3 cups water. Add about 2 tablespoons of mixed pickling spices, and several small bunches of dill (as much as your taste requires). Let come to the boiling point. Add the cucumbers and take from heat. Into each clean KERR Quart Jar place two buttons (cloves) of garlic and 2 small hot peppers. Pack cucumbers in jar, along with at least one small bunch of the dill. Put vinegar back on stove, bring to boil, pour over cucumbers in jar having the liquid covering the cucumbers in the jar, and seal at once.

DILL GREEN TOMATO PICKLES—Kosher Style

Green tomatoes **2 quarts water**
Stalk celery **1 quart vinegar**
Sweet green peppers **1 cup salt**
Garlic **Dill to taste**

USE small, firm green tomatoes. Pack into sterilized KERR Jars. Add to each quart jar a bud of garlic, 1 stalk of celery and 1 green pepper cut in fourths. Make a brine of the water, vinegar and salt and boil with the dill for 5 minutes. Pour the hot brine over the pickles in the jars and seal at once. These will be ready for use in 4 to 6 weeks. This amount of liquid fills about 6 quarts.

END OF THE GARDEN PICKLES

1 cup sliced cucumbers **1 tablespoon celery seed**
1 cup chopped sweet peppers
1 cup chopped cabbage **1 cup chopped celery**
1 cup sliced onions **2 cups vinegar**
1 cup chopped green tomatoes **2 cups sugar**
1 cup chopped carrots **2 tablespoons turmeric**
1 cup green string beans cut in inch pieces
2 tablespoons mustard seed

SOAK cucumbers, peppers, cabbage, onions and tomatoes in salt water overnight (½ cup salt to 2 quarts water). Drain. Cook the carrots and string beans in boiling water about 10 minutes; drain well. Mix soaked and cooked vegetables with remaining ingredients and boil 10 minutes. Pack into sterilized KERR Jars; seal at once.

FIG PICKLES

COVER 3 quarts figs with 2 quarts boiling water and allow to stand 5 minutes. Make syrup of:

1 cup water **6 cups sugar** **1 cup vinegar**
Small cheesecloth bag containing whole spices, cloves, stick cinnamon

Drain figs and boil in this syrup 3 consecutive mornings 10 minutes each morning, then pack into clean KERR Jars. Put on cap, screwing the band tight. Process in water bath, 10 minutes.

FRENCH PICKLE

1 quart carrots (diced) **1 quart lima beans (small)**
1 quart celery (cut fine) **1 quart corn (cut from cob)**
1 quart onions (chopped fine)
1 quart small green cucumbers (cut fine)
1 quart green tomatoes (sliced fine)
½ quart sweet red peppers (cut fine)

COOK each vegetable separately until vegetables are barely tender. Season to taste with salt. Drain well.

Add:

5 teaspoons turmeric **3 tablespoons celery seed**
½ cup white mustard seed

Mix thoroughly, cover with vinegar and let come to the boiling point, stirring frequently. Pack into sterilized KERR Jars and seal at once.

GREEN TOMATO PICKLES

1 gallon green tomatoes (16 cups sliced)
¼ cup salt
½ tablespoon powdered alum
3 cups (50 grain strength) vinegar
1 cup water
4 cups sugar
1 tablespoon mixed spices
½ teaspoon cinnamon
1 tablespoon celery seed
½ teaspoon allspice
1 tablespoon mustard seed

SLICE tomatoes. Sprinkle with salt and allow to stand overnight. Next morning drain and pour 2 quarts of boiling water with ½ tablespoon of powdered alum over the tomatoes and let stand 20 minutes. Drain and cover with cold water and drain. Combine vinegar, water, sugar and spices (tie cinnamon, allspice, and celery seed in bag) and bring to a boil. Pour this over the tomatoes, drain off for 2 mornings repeating and the third morning bring the pickles and mixture to the boil. Pack into sterilized KERR Jars and seal at once.

HUNGARIAN PEPPERS

THOROUGHLY wash Hungarian Peppers and make a small slit in each one in about two places. Place the peppers in a brine made of 1 gallon water to 2 cups of salt. Weight just enough to hold peppers under brine. Next day drain well and pack peppers into sterilized KERR Jars. Make a pickling solution of 1 gallon water, 1 cup salt, 1 cup vinegar, 1 clove garlic, 1 grape leaf and 1 bunch dill. Bring the solution to the boiling point, pour over peppers in jars and seal at once.

ICE WATER PICKLES

SIX pounds medium-sized cucumbers (each cut in 4 to 8 pieces according to size of cucumbers). Soak in ice water 3 hours—drain, pack into sterilized KERR Jars. Add 6 pickling onions, 1 piece celery, 1 teaspoon mustard seed to each jar.

Solution:

3 quarts white vinegar **3 cups sugar**
1 cup salt

Bring to boil, pour over cucumbers and seal at once. This makes 6 quarts.

KERR KRISPY LUNCH PICKLES

25 to 30 medium-sized cucumbers
8 large white onions **5 cups sugar (2½ pounds)**
2 large sweet peppers **2 tablespoons mustard seed**
½ cup salt **1 teaspoon turmeric**
5 cups cider vinegar **½ teaspoon cloves**

WASH cucumbers and slice as thin as possible. Chop onions and peppers; combine with cucumbers and salt; let stand 3 hours and drain. Combine vinegar, sugar, and spices in large preserving kettle, bring to boil. Add drained cucumbers; heat thoroughly but do not boil. Pack while hot into sterilized KERR Jars and seal at once.

MIXED PICKLES

2 large heads cauliflower
1 gallon green tomatoes **6 green peppers**
6 large onions **6 cucumbers**

SEPARATE cauliflower, chop green tomatoes, onions, green peppers and cucumbers. Mix well. Put in a kettle in layers, first a layer of vegetable mixture, then a very thin layer of salt until all ingredients are used, being sure the last layer is salt.

Let stand 24 hours, then squeeze as dry as possible. Make a pickling solution of:

1 pint vinegar **1 level teaspoon each of cloves,**
1 pound sugar **cinnamon, allspice and mace**
If desired little red peppers may be added

Mix sugar and spices with vinegar, boil 5 minutes and pour over vegetables, stirring well so that vinegar will mix in with them. Allow to stand several hours. Bring pickles to boil and cook 15 minutes, then pack into sterilized KERR Jars and seal at once.

MUSTARD PICKLES

2 quarts tiny cucumbers not over 2 inches long
2 quarts small white pearl onions
2 quarts green string beans cut in half
2 quarts green tomatoes coarsely chopped
2 heads fresh cauliflower cut in small pieces
1 small head white, hard cabbage

SPRINKLE with salt—let stand 24 hours—drain off brine and put pickles into preserving kettle.

Add:

1 ounce turmeric **½ tablespoon whole cloves**
1½ cups brown sugar **1 tablespoon allspice**
2 tablespoons celery seed **⅔ cup dry mustard**
6 sweet peppers coarsely chopped
2 tablespoons mustard seed
Enough cider vinegar to cover ingredients
½ cup flour mixed with a little water

Boil ingredients (except the flour) for 15 minutes. Add flour mixed to smooth paste with a little water, boil 5 minutes longer or until vegetables are tender but not mushy. Pack into sterilized KERR Jars and seal at once.

OLIVE OIL PICKLES

1 peck (or 11 pounds) large gherkins **Olive oil**
1 quart large pickling onions
Cider vinegar
1 ounce each celery seed, mustard seed, white pepper

WASH and slice gherkins and onions, allow to stand in brine made of ½ cup salt to 3 quarts water for 12 hours. Drain well and pack into sterilized KERR Jars. For each jar allow 2 cups cider vinegar and ½ cup olive oil. Mix vinegar and spices together and boil 5 minutes. Allow to cool, add olive oil, mixing well. Pour over gherkins to within 1 inch of top of jar. Seal at once.

PEAR OR PEACH SWEET PICKLES

1 quart vinegar
6 pounds sugar
12 pounds peeled fruit (6 quarts)

MAKE a syrup of the vinegar and sugar and add a spice bag made of 1 tablespoon of ground cloves, and 1 piece of ginger root if desired. Add 4 or 5 whole sticks of cinnamon to the syrup and drop a few at a time of the peaches or pears into this boiling syrup. Cook until the fruit can be readily pierced with a straw, let stand in covered kettle overnight. Next day pack into clean KERR Jars to within ½ inch of top of jar, covering fruit with the syrup. Put on cap, screwing the band tight. Process in water bath at simmering temperature (180° F.) for 20 minutes.

PICKLED BEETS

SELECT small, young beets, cook until tender, dip into cold water. Peel off skins. Make the following syrup:

2 cups sugar **1 teaspoon cloves**
2 cups water **1 teaspoon allspice**
2 cups strong vinegar **1 tablespoon cinnamon**

Pour over beets and boil 10 minutes. Pack into sterilized KERR Jars and seal. A little grated horseradish added to pickled beets gives variety.

PICKLED CARROTS (SWEET)

1 quart vinegar **1 tablespoon mace**
1 tablespoon whole cloves **1 quart sugar**
1 tablespoon whole allspice **Stick cinnamon**

BOIL young carrots until skins slip. Remove skins, slice or leave whole. Pour syrup made of vinegar, sugar and spices (in bag) boiling hot over carrots. Let stand overnight, then bring to boil and boil 5 minutes. Remove spices and pack carrots into sterilized KERR Jars. Fill to within ½ inch of top of jar with the hot spiced syrup and seal at once.

PICKLED CRAB APPLES

CHOOSE sound crab apples uniform in size. Do not pare them. Make a spiced syrup by heating together 1 quart of vinegar, 1 cup water, 1 quart of sugar, 1 tablespoon each of cinnamon, cloves, and 1 teaspoon each of mace and allspice. This is enough syrup for about 5 pints. When cool, add crab apples, and heat slowly, being careful not to burst the fruit. Let stand in syrup overnight, pack cold into clean KERR Jars, and fill to within ½ inch of top of jar with syrup. Put on cap, screwing the band tight. Process in water bath at simmering temperature (180° F.) for 20 minutes.

PICKLED ONIONS

SELECT tiny white pickling onions. Peel and place in a salt brine made by dissolving 1½ pounds of salt in 1 gallon water. Allow onions to stand in brine for five weeks. If necessary, use a weight to hold onions under brine. Drain and rinse in cold water. Drain and pack in sterilized KERR Jars. Make a syrup of equal proportions of vinegar and sugar and bring to boiling point. Pour boiling hot over onions in jar. Cover jar but do not seal. Drain off vinegar solution for 3 mornings, reheating it and pouring over onions in jar. With the third and last heating, add 1 teaspoon pickling spices to each pint jar of onions, pour hot solution over them and seal at once.

SACCHARINE PICKLES

7 quarts medium-sized cucumbers
1 teaspoon powdered saccharine
1 cup dry mustard
1 cup salt
1 gallon vinegar

WASH cucumbers and pack into sterilized KERR Jars. Mix saccharine, mustard and salt and add to the vinegar. Pour over cucumbers in the jar and seal at once.

SALAD DRESSING PICKLES

12 large cucumbers
12 onions
3 cups sugar
1 tablespoon celery seed
½ teaspoon ground cayenne pepper
1 small jar pimiento or 2 sweet red peppers
1 tablespoon turmeric
½ cup flour
1 quart vinegar

PEEL and slice cucumbers and let stand overnight in brine made with ½ cup salt to 3 quarts water. Slice thin or chop fine the onions. Mix sugar, spices, flour and vinegar. Add cucumbers, onions and pimientos. Cook 10 minutes. Pack while hot in sterilized KERR Jars and seal at once.

SENF GURKEN (RIPE YELLOW CUCUMBERS)

PEEL ripe yellow cucumbers. Cut in halves lengthwise. Scrape out seeds with a spoon. Cut each half in fourths and soak in water overnight. Drain and make a syrup of:

2 cups white vinegar
1 cup water
1 cup sugar
½ teaspoon mustard seed
1 teaspoon mixed spices

Bring to boil. Add cucumbers and boil about 3 minutes. Pack pickles solidly into clean KERR Jars. Add 1 teaspoon salt and ½ onion, sliced, to each quart. Cover with boiling syrup and seal at once.

SOUR PICKLES

Medium-sized cucumbers
1 gallon cider vinegar
1 quart water
1 cup salt
1 cup sugar
1 cup white mustard seed

WASH medium-sized cucumbers and pack them into sterilized KERR Jars. Mix the vinegar, water, salt, sugar and mustard seed and bring to the boiling point. Pour the hot solution over the cucumbers in the jars and seal at once.

SWEET PICKLES (14 DAYS)

INTO a clean stone jar put 2 gallons of cucumbers, washed and sliced lengthwise. Regardless of size, cucumbers must be sliced or they will shrivel. Dissolve 2 cups of salt in one gallon of boiling water and pour while hot over pickles. Then cover and weight down pickles and let stand for 1 week. On the eighth day, drain, then pour 1 gallon of boiling water over them and let stand 24 hours. On the ninth day, drain and pour 1 gallon of boiling water with 1 tablespoon of powdered alum over the pickles and let stand 24 hours. On the following day or tenth day, drain again, pour 1 gallon boiling water over them, let stand 24 hours then drain.

For the pickling mixture, combine 5 pints of vinegar boiling hot, 6 cups of sugar, ½ ounce (5 teaspoons) celery seed, 1 ounce (3 tablespoons, broken) cinnamon stick. Pour this over the pickles, drain off for three mornings, reheating it and adding 1 cup of sugar each morning. With third and last heating pack pickles into sterilized KERR Jars, pour hot liquid over them and seal at once.

TOMATO PICKLE

30 large ripe tomatoes
6 large pears
6 large peaches
6 large apples
1 pint vinegar
4 large onions
4 cups granulated sugar
2 tablespoons salt
1 package mixed pickling spices (tied in cloth)

PEEL and chop fine the tomatoes, pears, peaches, apples and onions. Mix all ingredients and boil until thick. Pour into sterilized KERR Jars and seal at once.

VIRGINIA CHUNK SWEET PICKLES

75 cucumbers 4 or 5 inches long, or 2 gallons small ones
Or use what you have; most any nice solid cucumber makes a nice pickle

MAKE brine of a proportion of 2 cups salt to one gallon water, boil and pour over cucumbers boiling hot. Let stand one week. In hot weather skim daily. Drain and cut in chunks. For the next three mornings make a boiling hot solution of one gallon water and one tablespoon powdered alum and pour over the pickles, make this fresh hot bath for three mornings. On the fourth morning drain and discard alum water. Heat 6 cups vinegar, 5 cups sugar, ⅓ cup pickling spice and 1 tablespoon celery seed to boiling point and pour over the pickles. On the fifth morning drain this liquid off and add 2 cups more sugar, heat again to boiling point and pour over the pickles. On the sixth morning drain liquid, add one cup sugar, heat, pack the pickles into sterilized KERR Jars and fill to within ½ inch of top of jar with the hot liquid. Seal at once.

WATERMELON PICKLES

RIND of one large watermelon. Peel and remove all green and pink portions from the watermelon rind. Cut in one inch cubes and soak overnight in salt water (four tablespoons of salt to one quart of water). Drain, cover with fresh water and cook until almost tender. Drain the watermelon and make a syrup of 8 cups of sugar, 4 cups of vinegar and 8 teaspoons of whole cloves, 16 sticks of cinnamon and a little mustard seed. (Tie spices in cheesecloth bag.) Heat the syrup and spices to boiling and allow to set for 15 minutes. Add the drained watermelon rind and cook until clear and transparent. If desired a few minutes before removing from heat, add enough green or red fruit coloring to color the pickle. Pack boiling hot into sterilized KERR Jars and seal at once.

Catsups · Chutneys · Relishes

APPLE CATSUP

1 cup sugar
1 teaspoon pepper
1 teaspoon cloves
1 teaspoon mustard
2 teaspoons cinnamon
1 tablespoon salt
2 onions
12 sour apples
2 cups cider vinegar

MIX the sugar, peppers, cloves, mustard, cinnamon and salt. Then add onions, chopped fine.

Wash, core and cut apples in quarters. Put into saucepan, cover with boiling water, bring to boiling point and let simmer until soft. The water should be nearly gone; then rub through puree sieve and for each quart of pulp add the mixture of sugar, onions and spices. After the two mixtures are blended, add vinegar, bring to boiling point and let simmer 30 minutes. Pour into sterilized KERR Jars while piping hot and seal at once.

CRAB APPLE CATSUP

SELECT sound apples, peel and quarter 2 quarts, stew until tender in as little water at possible; then press through sieve. To 1 quart sieved apples, add 2 cups sugar, 2 teaspoons pepper, 2 teaspoons cloves, 2 teaspoons cinnamon and 3 large onions chopped fine. Stir all together, add 2 tablespoons salt and cider vinegar enough to cover. Place over slow heat and boil 1 hour, then pour into sterilized KERR Jars and seal at once.

GRAPE CATSUP or PLUM CATSUP

2 quarts ripe grapes or plums
Mild vinegar to cover
1 cup sugar
1 tablespoon cinnamon
1 tablespoon allspice
¼ teaspoon cayenne
1 tablespoon cloves

COOK fruit in vinegar until soft. Rub through sieve, add sugar and spices; cook until thick like ordinary tomato catsup. Pour into sterilized KERR Jars and seal at once.

TOMATO CATSUP

1 peck (12½ pounds) ripe tomatoes
2 medium-sized onions
¼ teaspoon cayenne pepper
2 cups cider vinegar
1½ tablespoons broken stick cinnamon
1 tablespoon whole cloves
3 cloves garlic (finely chopped)
1 tablespoon paprika
1 cup sugar
2½ teaspoons salt

WASH and slice tomatoes and boil about 15 minutes or until soft. Into another kettle slice the onions. Cover with a small quantity of water and cook until tender. Run the cooked onions and tomatoes through a sieve. Mix the onion and tomato pulp. Add the cayenne pepper. Boil this mixture rapidly until it has been reduced to about ½ original volume.

Place vinegar in an enamel pan; add a spice bag containing the cinnamon, cloves and garlic. Allow this to simmer for about 30 minutes, then bring to boiling point. Place cover on pan and remove from heat. Allow this to stand in covered pan until ready to use.

When tomato mixture has cooked down to ½ original volume, add vinegar mixture, of which there should be 1¼ cups. Add the paprika, sugar and salt and boil rapidly until desired consistency is reached. This should require about 10 minutes. Pour while boiling hot into sterilized KERR Jars and seal at once.

APPLE CHUTNEY

12 sour apples
1 minced red pepper
1 pint cider vinegar
½ cup currant jelly
2 cups sugar
Juice 4 lemons
2 minced green peppers
1 cup seeded raisins chopped
1 tablespoon ground ginger
½ teaspoon cayenne
1 tablespoon salt

PARE, core and chop apples. Put the ingredients together in the order given and simmer until thick. Pour into sterilized KERR Jars and seal at once.

TOMATO AND PEAR CHUTNEY

1 pound tomatoes, chopped
1 pound pears, chopped
1 green pepper, chopped
1 onion, chopped
⅛ teaspoon cayenne
½ teaspoon mustard
½ teaspoon ginger
1 teaspoon salt
½ cup vinegar
1 cup sugar
1 small can pimiento, chopped

MIX all ingredients except pimiento. Boil slowly for 1 hour, stirring occasionally. Add pimiento and boil 5 minutes longer. Pack into sterilized KERR Jars and seal at once.

BEET RELISH

1 pint chopped boiled beets
1 pint chopped cabbage
¼ teaspoon white pepper
Pinch red pepper
½ teaspoon salt
1 cup chopped celery
¾ cup sugar
1 cup vinegar

MIX all ingredients and let heat through. When it reaches the boiling point, pour into sterilized KERR Jars and seal at once.

CHERRY RELISH

2 cups pitted cherries
1 cup seedless raisins
1 teaspoon cinnamon
½ cup brown sugar
¼ teaspoon cloves
½ cup honey
½ cup vinegar
¾ cup pecan nut meats

MIX all of the ingredients except the pecans and cook slowly 1 hour. Then add pecan nut meats and cook 3 minutes longer. Pour into sterilized KERR Jars and seal at once.

CHILI SAUCE

1 gallon (or 6¼ pounds) ripe tomatoes (peel and core before measuring)
⅔ cup chopped white onions
1½ cups white sugar
1 teaspoon nutmeg, grated
¾ teaspoon tabasco sauce
½ teaspoon curry powder
2 cups vinegar
5 teaspoons salt
2 teaspoons ginger
1 teaspoon cinnamon
1 teaspoon mustard

PUT tomatoes and onions through food chopper. Add all other ingredients and boil 2 hours or until thick, stirring frequently to prevent burning. As soon as sauce is of desired consistency, pour into sterilized KERR Jars and seal at once. If desired, ¾ teaspoon of red pepper may be used instead of the tabasco sauce.

CHOW-CHOW

1 peck (12½ pounds) green tomatoes
8 large onions
10 green bell peppers
3 tablespoons salt
6 hot peppers
1 quart vinegar
1 tablespoon cinnamon
1 tablespoon allspice
¼ teaspoon cloves
3 tablespoons mustard
Few bay leaves
1¾ cups sugar
½ cup horseradish

CHOP tomatoes, onions, peppers, together and cover

with the salt; let stand overnight. Drain, add the hot peppers which have been chopped and the vinegar and spices (spices tied in cheesecloth bag); allow to boil slowly until tender (about 15 minutes). Pack tightly into sterilized KERR Jars and seal at once; or bring ingredients to boil, pack into clean KERR Jars, put on cap, screwing the band tight, and process in water bath at simmering temperature (180° F.) for 15 minutes.

CORN CHOWDER

12 ears sweet corn
4 cups chopped cabbage
3 sweet green peppers
3 sweet red peppers
2 teaspoons dry mustard
1 tablespoon celery seed
1¼ teaspoons turmeric
2 cups sugar
½ cup flour
1 teaspoon salt
1 quart vinegar

CUT corn from cob. Chop other vegetables fine. Mix spices, sugar, flour, salt and vinegar. Add chopped vegetables and corn. Cook 10 minutes. Pack into sterilized KERR Jars and seal at once.

DIXIE RELISH

1 pint chopped sweet red peppers
1 pint chopped sweet green peppers
1 quart chopped cabbage
1 pint chopped onions
2 hot peppers
5 tablespoons salt
4 tablespoons mustard seed
2 tablespoons celery seed
½ cup sugar
1 quart vinegar

MIX vegetables together, cover with the salt and let stand overnight in a crock or enameled pan. Drain, then add spices, sugar and vinegar and pack into clean KERR Jars. Put on cap, screwing the band tight. Process in water bath at simmering temperature (180° F.) for 15 minutes. This pickle is a splendid filling for the mango peppers.

INDIA RELISH

2 green peppers
2 red peppers
6 green tomatoes
2 ripe tomatoes
1 dozen medium-sized cucumbers
2 onions
¼ cup salt
2 cups vinegar
1 cup water
Spices

REMOVE the seeds from the peppers. Slice the tomatoes and cucumbers, and chop the peppers and onions fine; sprinkle with salt and let stand for 24 hours. Drain vegetables, pour the vinegar and water over them, bring slowly to a boil and drain again.

Make a smooth paste as follows: Mix 3 tablespoons of sugar, 1 teaspoon of cinnamon, 1 teaspoon of turmeric, ¼ teaspoon of cloves, ¼ teaspoon of allspice, with a little cold vinegar; bring 1 pint of vinegar to boiling point, add 2 tablespoons of chopped mint, 2 tablespoons of white mustard seed, the spices, and then the vegetables, and let cook for 20 minutes, stirring constantly. Pour into sterilized KERR Jars and seal at once.

PEAR RELISH

1 gallon ground pears (hard, Keiffer variety)
8 cups ground onions
8 sweet green peppers, chopped
2 hot red peppers, chopped
2 quarts white vinegar
2½ teaspoons salt
3 tablespoons dry mustard
6 teaspoons allspice
2 teaspoons cloves
2 teaspoons cinnamon
2 teaspoons turmeric
4 cups sugar

MIX in order given and bring to boil. Simmer 15 minutes. Pack into sterilized KERR Jars and seal at once.

PICCALILLI

1 quart chopped cabbage
1 quart chopped green tomatoes
2 sweet red peppers
2 sweet green peppers
2 large onions
¼ cup salt
1½ cups 50 grain vinegar
1½ cups water
2 cups firmly packed brown sugar
1 teaspoon dry mustard
1 teaspoon turmeric
1 teaspoon celery seed

CHOP the cabbage, tomatoes, red and green peppers and onions. Mix with the salt and let stand overnight. Next morning drain and press in cloth to remove all liquid possible. Boil vinegar, water, sugar and spices 5 minutes. Add the chopped vegetable mixture, bring to a boil and pour into sterilized KERR Jars and seal at once.

RED PEPPER RELISH

2 dozen sweet peppers (red)
7 medium onions
2 tablespoons mustard seed
2 tablespoons salt
3 cups vinegar
3 cups sugar

GRIND peppers and onions, saving the juice. Combine with juice and other ingredients. Boil 30 minutes. Pack into sterilized KERR Jars and seal at once.

STUFFED GREEN PEPPERS

SELECT fresh, firm medium-sized green peppers. Cut a circle out of the stem end of the pepper and save for later use. Remove seed and white sections from peppers. Make a brine of 2 cups of salt to 1 gallon of water. Place peppers and circles into the brine, let stand 1 week. Remove from brine and pour 1 gallon of hot water with 1 tablespoon of powdered alum over the peppers and let stand overnight. Drain well. Prepare relish filling as follows:

2 dozen green peppers
1 dozen red peppers
1 dozen onions peeled
6 teaspoons salt
4 cups sugar
1 teaspoon red pepper
3 cups vinegar

Put peppers and onions through food chopper. Mix them and cover with boiling water and let stand 10 minutes. Drain and let stand another 10 minutes. Place in kettle and add salt, sugar, red pepper and vinegar. Simmer 5 minutes. Fill the drained peppers with the relish mixture. Replace top of peppers sewing them in place or fastening with tooth picks. Pack stuffed peppers into sterilized KERR Jars. Fill to within ½ inch of top of jar with the following vinegar solution which has been brought to a boil:

8 cups vinegar
2 cups water
1 cup sugar
1½ tablespoons mustard seed
1 tablespoon salt
1 tablespoon stick cinnamon
1½ tablespoons celery seed

SEAL each jar at once.

UNCOOKED RELISH

1 pint sweet red peppers (chopped fine)
1 pint sweet green peppers (chopped fine)
1 quart cabbage (chopped fine)
1 pint white onions (chopped fine)
4 tablespoons mustard seed
2 teaspoons celery seed
4 cups sugar
1 quart vinegar
2 or 3 hot peppers
5 tablespoons salt

MIX all ingredients and let stand overnight. In morning pack into sterilized KERR Jars and seal at once.

★ Only *fresh* fish should be canned and these should be bled and thoroughly cleaned of all waste material when caught or as soon thereafter as possible. Wash the clean fish well in fresh water. Split the fish but do not remove backbone. Place fish in brine made by adding ½ pound salt to 1 gallon water. Soak 10 minutes to 1 hour according to thickness of fish. Drain fish 10 minutes before packing or precooking.

FISH (GENERAL)

FOLLOW general instructions for cleaning. Precook (frying, baking, boiling, etc.) sufficiently to develop flavor, pack closely into clean KERR Jars to not more than 1 inch of top of jar, add 1 teaspoon salt to each quart jar if desired; do not add water. Put on cap, screwing the band tight. Process according to time table, page 8.

CLAMS

STEAM clams to open shell. Remove clams from shell. Boil in mild salt water 5 minutes. Drain and rinse. Mince or leave whole and pack into clean KERR Jars to within 1 inch of top of jar. Cover with weak hot brine. Put on cap, screwing the band tight. Process according to time table, page 8.

CRAB MEAT

TO FIVE gallons of hot water in a large kettle add ½ pound of baking soda. When the soda water boils add the live crabs and boil rapidly for 20 minutes. Remove crabs and wash them in cold water. Pick out all meat, being careful not to include the shells in leg and claw joints. Wash the meat in a weak brine (two tablespoons salt to three quarts water). Drain and pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 8.

FRIED FISH

SCALE and wash in hot water. Cut in pieces of desired size, dip in either corn meal or cracker meal. Fry until light brown. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 8.

FISH ROE

USE only the roe of freshly caught fish and only such roe as is known to be good to eat. Clean the roe by removing the shreds and strings adhering to it. Wash well in cold water, being careful not to break the roe. Soak for about 2 hours in brine made in the proportion of 1 tablespoon salt to 1 quart water. Drain and pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 8.

FISH STEW

2 pounds fish meat (weight after cleaned, skinned, boned and cut in pieces)
1 quart canned tomatoes or 8 large fresh ones
Salt, paprika and a little sugar
1 tablespoon mixed spices
2 tablespoons ripe pimientos, finely chopped (red sweet peppers can be used)
⅔ cup good cooking oil 2 cloves garlic, finely cut
2 medium-sized onions, finely minced
1 tablespoon lemon juice or vinegar
1 tablespoon parsley, finely chopped

PUT tomatoes in kettle and season with salt, paprika and sugar. Add spices and let simmer for 30 minutes. Remove from heat and put through sieve. Return to heat and add chopped pimientos. Let simmer until fish is ready.

Heat ⅓ cup of the cooking oil, add the garlic and onion. Cook until soft, but do not brown. Add this to the tomatoes and if mixture is too thin, allow to simmer until it is thick as catsup.

After fish is cleaned, skinned and boned, cut in pieces for serving. Sprinkle with salt. Cook on both sides in remainder of oil until fish is light brown color.

Add lemon juice and parsley to tomato mixture; if needed, add more salt and paprika. Add fish and bring to boil. Pack into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8.

SALMON

DRAW fish, then slowly pour on hot water, being careful not to break the skin which would cause a loss of oil and fat. Scrape gently until skin is white and clean, wipe dry, cut in large pieces (leave in backbone), pack dry into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. If fish is dry, add 1 tablespoon of olive oil to each quart jar. Put on cap, screwing the band tight, Process according to time table, page 8.

SHRIMP

SHRIMP should be canned when absolutely fresh, as they deteriorate quickly. They may be peeled or left with shell on until cooked. In either way they are boiled in salt water: 1 pound of salt to 1 gallon of water. Do not put shrimp into the water until it is boiling. If to be packed wet, boil from 5 to 6 minutes. If to be packed dry, boil from 7 to 8 minutes. If they were not peeled before boiling, drain through a colander and sprinkle with salt. This will harden the meat and they can more easily be peeled.

Wet pack: After the shrimp are boiled and peeled, pack into clean KERR Jars to within 1 inch of top of jar. Fill to within ½ inch of top of jar with a weak brine (1 teaspoon salt to 1 quart boiling water). Put on cap, screwing the band tight.

Dry pack: Prepare same as wet pack but do not add brine. Process according to time table, page 8.

TUNA FISH

TO remove meat of fish from bone, steam or bake with a little water about one hour at 350 ° F.

Take off skin and lift the meat from the bones—the meat will come off in little wedge-shaped pieces which will have a portion of dark meat. This dark meat will present a more attractive appearance. Inspect meat carefully to be sure no bones are left.

Pack into clean KERR Jars to within 1 inch of top of jar. Add ½ teaspoon of salt to each pint jar if desired. Add two or three tablespoons salad oil. Put on cap, screwing the band tight. Process according to time table, page 8.

A PRESSURE COOKER is recommended for processing meats as it gives a greater degree of safety.

NOTE: ALL VEGETABLES EXCEPT TOMATOES, ALSO ALL MEATS, POULTRY AND FISH CANNED AT HOME MUST BE BOILED IN AN OPEN VESSEL 10 TO 15 MINUTES BEFORE TASTING OR USING.

★ Meats should not be canned until all animal heat has left them, which usually is from 6 to 24 hours after killing. Meats may be precooked or packed raw. In filling jars, PACK THE MEAT TO NOT MORE THAN 1 INCH OF TOP OF JAR. For precooked meats add 3 or 4 tablespoons of liquid (exception: see individual recipes). Meats packed raw do not require the addition of liquid. IMPORTANT: Wipe top of jar free from all grease or meat particles.

BAKED CURED HAM

3 slices ham (cut ½ inch thick)
3 tablespoons brown sugar
¾ teaspoon prepared mustard
1 teaspoon vinegar
Dash of cloves

MIX sugar, mustard, vinegar and cloves to a paste. Spread on one side only of the three slices of ham. Roll each slice. Pack slices into clean KERR Jars to within 1 inch of top of jar. Add no liquid. Put on cap, screwing band tight. Process in pressure cooker 40 minutes at 10 pounds; or in water bath for 3½ hours.

BEEF ROLLS

SLICE round steak or other pieces of beef about ¼ to ½ inch thick. Cut in pieces about 3 or 4 inches wide and 6 inches long. Sprinkle with salt, pepper and finely chopped onions. Cut bacon in thin slices and put a slice of this on each piece of meat. Roll tightly and tie with a string. Heat lard in a deep frying pan, put in the rolls and let brown nicely from all sides. Pour off excess grease, add water or soup stock and let simmer for 15 minutes. Remove string from rolls and pack into clean KERR Jars to within 1 inch of top of jar. Add 3 or 4 tablespoons of the liquid. Put on cap, screwing the band tight. Process according to time table, page 8.

BRAINS

SOAK in cold water to draw out the blood. Remove membranes. Sear in hot fat. Season to taste. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 or 2 tablespoons of the pan gravy. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

BRUNSWICK STEW

¼ pound bacon
1 chicken
10 tablespoons flour
2 cups water
1 cup potatoes (cubed)
1 quart tomatoes
2 cups butter beans
1½ cups okra
4 teaspoons salt
1 teaspoon sugar
½ lemon sliced thin
1 teaspoon celery seed
½ teaspoon cloves
1 teaspoon pepper
2 teaspoons onions chopped fine
¼ teaspoon cayenne pepper

CUT bacon in cubes and fry until crisp and brown. Roll chicken in flour, put into frying pan with water. Cook slowly until chicken falls from bones, add more water if necessary to prevent burning. Remove chicken from bones. Add chopped vegetables, salt, sugar, lemon and spices. Bring to boiling and pack product and liquid into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker 75 minutes at 10 pounds; or water bath 3½ hours.

BUNNY SAUSAGE

6 pounds uncooked rabbit meat, ground
2 small onions (minced)
2 level tablespoons salt
2 level teaspoons pepper
½ cup ground cracker or bread crumbs
¾ cup sweet milk
¼ teaspoon paprika
1 bay leaf
½ teaspoon ground sage
1 or 2 eggs, well beaten

MIX well together and mould into small cakes and fry until nicely browned. Pack into clean KERR Jars to within 1 inch of top of jar and add 3 or 4 tablespoons of grease in which the cakes were fried. Put on cap, screwing the band tight. Process according to time table, page 8.

CHICKEN AND GAME BIRDS

RECIPE NO. 1

DRESS fowl and allow to cool. Cut in convenient pieces. Boil until meat can be removed from bones; pack meat into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 4 tablespoons of the hot liquid after it has been concentrated one-half. Put on cap, screwing the band tight. Process according to time table, page 8.

RECIPE NO. 2

DRESS fowl and allow to cool. Wash in cold water, cut into pieces and pack into clean KERR Jars to within 1 inch of top of jar without precooking. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 8. Chicken canned in this manner is nice for salads and sandwiches.

CHICKEN A LA KING

1 five pound chicken
4 level tablespoons flour
1 tablespoon salt
2 chopped pimientos or red peppers
1 quart chicken broth
1 large can mushrooms
1 chopped green pepper

CUT chicken into pieces, add 3 quarts water and cook until tender. Cool, remove meat from bones and cut into small pieces. Dissolve the flour and the salt in a little of the cold broth and add to the remainder of the quart of broth which has been heated. Cook until slightly thickened, stirring to keep free from lumps. Add mushrooms, pepper, pimiento and chicken. Heat to boiling point and fill clean KERR Jars to within one inch of top of jar. Put on cap, screwing band tight. Process in pressure cooker 75 minutes at 10 pounds; or in water bath 3½ hours.

CHICKEN (FRIED)

DRESS and cut up fowl in usual manner. Chicken, like other meat, should not be canned until the body heat disappears. Do not roll in flour. Sear chicken in hot fat until lightly browned. Pack hot chicken into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat in which chicken was seared. Put on cap, screwing the band tight. Process according to time table, page 8.

CHICKEN OR OTHER FOWL (BAKED)

DRESS fowl, allow to cool, tie legs down and place wings behind back. Rub the dressed fowl all over with butter or other fat. Place fowl on a rack in roasting pan. Place in moderate to slow oven (250° to 350° F.) according to the dressed weight of the fowl. Larger fowls are roasted at a lower temperature. Allow 10 minutes per pound cooking time and baste with pan liquid about every 30 minutes. Take fowl from pan and cut in pieces, as for serving. Bones may or may not be removed. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add pan liquid to fill jar not more than ⅔ full. Put on cap, screwing the band tight. Process according to time table, page 8.

CHICKEN STEWED (BROILER SIZE)

DRESS fowl and allow to cool. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 8.

CHILI CON CARNE

6 chili pods
1 pound suet
2 medium-size onions
5 teaspoons salt
4 teaspoons paprika
2 cloves garlic
½ teaspoon pepper
3 cups water
5 pounds beef (grind but not too fine)
6 tablespoons chili powder
2 teaspoons comino seed

PREPARE chili pods by soaking for about 15 minutes in hot water. Remove seeds and run pods through food chopper. Render suet to cream color and add onions and salt and cook 20 minutes on low heat, stirring constantly. Remove onion and add all other ingredients. Cook slowly for 15 minutes. Pack into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing band tight. Process in pressure cooker for 60 minutes at 10 pounds; or in water bath 3½ hours.

CORNED BEEF

AFTER beef has been corned, remove from the brine; soak 2 hours in clear water, changing water once; boil slowly for ½ hour; remove from the boiling water. Pack into clean KERR Jars to within 1 inch of top of jar and add 3 or 4 tablespoons liquid in which meat was boiled. Put on cap, screwing the band tight. Process according to time table, page 8.

FRESH HAM

SLICE ham about ½ inch thick. Cut in pieces of desired size. Sear in hot fat until lightly browned. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat from frying pan (broth or hot water may be used). Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

FRIED LIVER

REMOVE membrane. Slice the liver and fry partially done. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 tablespoons pan gravy. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

GOULASH—MEAT STEWS (BEEF)

SEE recipe for Meat Stews (Goulash).

HEAD CHEESE

6 pounds chopped meat
3 tablespoons salt
4 teaspoons pepper
3 teaspoons red pepper
2½ teaspoons allspice
3 teaspoons cloves
2 quarts broth in which meat is boiled

CLEAN hog's head by removing snout, eyes, ears, brains and all skin. Trim off all fat. Cut head in four pieces and soak in salt water (½ cup salt to 1 gallon water) for 3 to 5 hours to draw out all blood. Drain from salt solution and wash well in clear water. Hearts, tongues and other meat trimmings may be cooked with the head meat. Cover meat with hot water and boil until meat can be removed from bones. Remove all meat from bones. Strain broth and measure. Chop meat fine. Add salt, pepper and spices to the meat and mix thoroughly with the broth. Cook mixture 15 minutes. Pack into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

HEART

REMOVE membrane and cook about one-fourth done. Cut into slices or leave whole as desired and pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add four tablespoons of meat broth. Onions, carrots, and other vegetables could be cooked in broth and added to jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

KIDNEYS

SPLIT kidneys and remove inside sack. Soak in several changes of salt solution (1 teaspoon salt to 1 pint water). Cut into ½ inch cubes. Sear in hot fat. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath 3½ hours.

MEAT BALLS IN TOMATO SAUCE

3 pounds ground round steak
¾ pound ground salt pork
1½ cups uncooked rolled oats
3 eggs (beaten)
2 teaspoons salt
3 tablespoons onion (chopped fine)
1 cup cold water
2 quarts tomato juice
¼ teaspoon pepper
1 tablespoon butter
½ teaspoon salt

MIX all ingredients except tomato juice, pepper, butter and ½ teaspoon salt. Mold the mixture into small balls about the size of an egg. Bring tomato juice to boil. Add the pepper, butter and ½ teaspoon salt (if tomato juice contains salt, omit the salt). Drop meat balls into boiling tomato juice. Let come to a good boil. Pack meat balls loosely into clean KERR Jars to within 1 inch of top of jar. Fill jar not more than ⅔ full with boiling tomato juice (be sure no fuller). Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

MEAT LOAF

2 pounds ground meat
1 cup cracker crumbs
½ cup sweet milk
2 eggs
2 tablespoons chopped onion
2 teaspoons salt
½ teaspoon pepper
¼ teaspoon sage
½ teaspoon celery salt

COMBINE ingredients in order given and mix very thoroughly. Pack loosely into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

MEAT STEWS OR GOULASH (BEEF)

CUT meat in small pieces, brown slightly in frying pan. Put into stewpan, cover with boiling water and cook a few minutes. Add diced vegetables (carrots, onions, tomatoes and a few potatoes). Cook only until vegetables are heated through, pack product and liquid into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

MINCE MEAT

2 pounds lean beef, cooked tender and put through food chopper
½ pound suet, chopped fine
5 pounds tart apples, chopped
3 pounds raisins, chopped
1 tablespoon salt
2 cups brown sugar
5 cups water (boil apple peel and cores or 1 quart sweet cider)
1 cup meat stock

ALLOW the above mixture to come to a boil, then let simmer for one hour, stirring it occasionally. To this mixture add:

2½ pints grape juice
1 teaspoon mace
½ teaspoon pepper
2 teaspoons allspice
2 teaspoons cloves
2 teaspoons nutmeg
2 teaspoons cinnamon
1 cup molasses
1 orange (juice and peel chopped)
1 lemon (juice and peel chopped)
¾ cup vinegar

ALLOW the entire mixture to come to a boil and boil 10 minutes. Pack into clean KERR Jars to within 1 inch of top of jar. Put on cap, screwing band tight. Process in water bath for 30 minutes.

PICKLED PIGS' FEET

SCALD, scrape and clean the feet very thoroughly, then sprinkle lightly with salt and let stand for 4 to 8 hours. Wash the feet well in clean water. Place them in hot water and cook until tender but not until meat can be removed from bones. Pack the feet into clean KERR Jars, filling to within ½ inch of top of jar with a boiling spiced vinegar. Put on cap, screwing the band tight. Process jars in water bath for 90 minutes.

Vinegar Solution:

2 quarts vinegar
1 small red pepper
2 tablespoons grated horseradish
1 teaspoon whole black pepper
1 teaspoon whole allspice
1 bay leaf

Mix all together and bring to the boiling point.

PORK CHOPS

SLICE chops about ½ inch thick. Trim away excess fat leaving only a small amount to add flavor. Sear chops in hot fat until lightly browned. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat from frying pan or hot water may be added to fat in pan and 3 or 4 tablespoons of this added to each quart jar. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

RABBIT MEAT

RECIPES are identical with chicken recipes. Prepare and process same way.

ROAST BEEF

RECIPE NO. 1

SELECT meat suited for a roast. Trim, wipe with a damp cloth. Cut into convenient pieces to go into jar. Pack loosely to within one inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Do not add liquid. Put on cap, screwing band tight. Process according to time table, page 8.

RECIPE NO. 2

SELECT meat suited for a roast. Trim, wipe with a damp cloth. Heat suet and other fat in roasting pan. Cut roast in convenient pieces to go into jar. Put meat into hot fat in roaster, set in oven, roast at a moderate temperature until ⅓ done. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process according to time table, page 8.

ROAST PORK

PREPARE and pack same as roast beef. Process according to time table, page 8.

SAUSAGE

SHAPE sausage into cakes. Pan-fry or bake until cakes are browned. Pack into clean KERR Jars to within 1 inch of top of jar. Add small amount hot water to fat, pour 3 or 4 tablespoons of this liquid over sausage. Put on cap, screwing the band tight. Process according to time table, page 8.

SPARE RIBS

CUT in lengths that will pack into jars. Roll tightly, tie with string, brown in hot fat, heating thoroughly. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process according to time table, page 8.

SQUAB

PREPARE same as chicken. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, for chicken, page 8.

STEAK

CUT steaks about ¾ inch thick. Wipe with damp cloth. Bones may or may not be removed. Do not roll in flour. Broil in the oven or sear in pan of hot fat until nicely browned. Roll and pack steaks while hot into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing the band tight. Process according to time table, page 8.

SWEETBREADS

TRIM and boil sweetbreads 10 minutes. Split them open and season as for table. Fry slowly on both sides until nicely browned. Pack into clean KERR Jars to within 1 inch of top of jar, add 3 tablespoons of water. Carrots or tomatoes may be added. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

SWISS STEAK WITH MUSHROOM SAUCE

SLICE round steaks 1 inch thick. Score lightly with sharp knife. Sprinkle lightly with flour and pound flour into the steak. Cut each steak into pieces to go into jar. Brown the steak quickly in hot fat and pack immediately into clean KERR Jars to within 1 inch of top of jar. Fill the jars not more than ⅔ full of the following sauce:

6 tablespoons fat in which meat browned
4 tablespoons flour
1 pint cold water
4 teaspoons salt
2 cups mushrooms (pieces or whole ones)
2 pimiento or sweet red peppers (cut fine)

Brown flour in fat in which steak was browned. Add cold water gradually, stirring to keep smooth. Add the salt, mushrooms and peppers. Bring to a boil and pour over steak in jars, filling not more than ⅔ full with the sauce. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

TENDERLOIN

CUT in pieces of desired size. Sear in hot fat in frying pan until brown. Pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat from frying pan. Broth may be used. Put on cap, screwing the band tight. Process according to time table, page 8.

TONGUE

BOIL tongue until partially done. Cool and remove outside skin. Slice or leave whole and pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 tablespoons water. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

VENISON

IF roasting cook slowly in moderate oven about 15 minutes for each pound of venison. Slice, pack into clean KERR Jars to within 1 inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of broth. Onion may be added if desired. Put on cap, screwing the band tight. Process in pressure cooker, 75 minutes at 10 pounds; or in water bath, 3½ hours.

Soups

ASPARAGUS SOUP

THE tough part of asparagus may be used. Cook in water to cover. When soft, press through sieve. Pack into clean KERR Jars, add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

CHICKEN SOUP STOCK

SUCH bony pieces as back, neck, feet and wings may be used. Cover with cold water and allow to simmer for several hours. Seasoning such as a small amount of onion and celery may be added. Simmer until meat can be removed from bones. Cook down until of desired flavor. Remove onions and celery, and pour into clean KERR Jars to within 1 inch of the top of jar. Meat removed from bones may be added to jars if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

Rice may be added to chicken soup stock if desired. Prepare as above. For each gallon of stock use ¼ to ½ pound of rice. Wash rice. Cover with boiling water and boil for 20 minutes. Drain and fill clean KERR Jars ⅓ full of hot rice. Add hot soup stock to within 1 inch of top of jar. Put on cap, screwing band tight. Process according to time table, page 9.

CLAM BROTH

USE fresh clams. Open and place in kettle with their own liquid. Add water to cover and season with salt, pepper and celery cut fine. Precook 10 minutes. Strain and pour into clean KERR Jars. Put on cap, screwing the band tight. Process according to time table for Clam Chowder, page 9.

CLAM CHOWDER

4 potatoes (diced)
1 pound clams (chopped fine)
2 onions (chopped fine)
2 stalks celery
½ teaspoon paprika
2 tablespoons butter
Salt and pepper to taste

MIX all ingredients. Boil 10 minutes. Pack into clean KERR Jars. Put on cap, screwing the band tight. Process according to time table, page 9.

FISH CHOWDER

FOLLOW Clam Chowder recipe.

PEA SOUP

BOIL peas until soft in water to cover. Remove from heat and press through sieve. If consistency is quite thick, add a small amount of boiling water to make medium thick. Pour into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

SOUP STOCK

COVER bones and trimmings of meat with water. Salt if desired, and cook about two hours. Remove meat and bones. Pour into clean KERR Jars. Meat removed from bones may be added to jars if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

TOMATO PUREE

1 onion
3 stalks celery
3 sweet peppers
½ peck (6¼ pounds) tomatoes

SIMMER all ingredients until soft. Press through sieve, season with salt and pepper. Pour into clean KERR Jars. Put on cap, screwing the band tight. Process according to time table, page 9.

TOMATO SOUP

14 quarts ripe tomatoes
7 medium-sized onions
1 stalk celery
14 sprigs parsley
3 bay leaves
14 tablespoons flour
14 tablespoons butter
3 tablespoons salt
8 tablespoons sugar
2 teaspoons pepper

WASH; cut up tomatoes. Chop onions, celery, parsley, bay leaves. Add to tomatoes; cook until celery is tender. Put through sieve. Rub flour and butter into smooth paste thinned with tomato juice. Add to boiling soup; stir to prevent burning. Add salt, sugar and pepper. For smoother consistency put through sieve again. Fill clean KERR Jars to within one inch of top of jar. Put on cap, screwing the band tight. Process in water bath 15 minutes.

VEGETABLE SOUP MIXTURES

2 large onions (cut fine)
2 quarts tomatoes (cut fine)
4 cups okra (cut fine)
4 cups corn (cut fine)

MIX all vegetables and cook 10 to 15 minutes; stir often. Pack loosely into clean KERR Jars to within ½ inch of top of jar. Add 2 teaspoons salt and sugar mixture to each quart jar. Put on cap, screwing the band tight. Process in pressure cooker 40 minutes at 10 pounds or 3 hours in water bath.

Any combination of vegetables may be used. Precook each vegetable required length of time. Pack into clean KERR Jars. Process mixture length of time necessary for vegetable needing longest processing.

Unusual foods

ENGLISH PLUM PUDDING

1 cup chopped beef suet
1 cup flour
1 cup sugar
1 cup currants
1 cup seedless raisins
1 cup candied cherries
1 cup candied citron
1 cup candied pineapple
1 cup cracker crumbs
1 cup chopped apples
1 cup blanched and chopped almonds
2 eggs
⅔ cup milk
1 teaspoon allspice
1 teaspoon cinnamon

MIX all ingredients and pack loosely into clean KERR Jars to within 1 inch of top. Put on cap, screwing the band tight. Process in pressure cooker for 50 minutes at 10 pounds or in water bath for 3 hours.

HOT TAMALES

1 soup bone
1 pound lean beef
1 pound pork
1 onion cut in quarters
3 cloves garlic
3 teaspoons salt

COVER ingredients with water. Cook until meat is tender. Put meat through food chopper, using finest blade. Grind with meat, 2 fresh cloves garlic and 1 large onion. To meat mixture add the following:

4 tablespoons chili powder
¼ teaspoon cayenne
1 teaspoon salt
2 tablespoons flour
½ cup from ¼ pound rendered suet
2 cups broth in which meat was cooked

Cook all together until thick. It is then ready to spread on the meal which has been prepared as follows:

4½ cups meal
2 teaspoons chili powder
1 tablespoon salt
4½ cups broth or hot water
½ cup fat from ¼ pound rendered suet

Mix together until smooth and of consistency to spread. Cut vegetable parchment paper into 6x3 inch strips and scald it—have pieces damp but not wet. Or, prepare clean corn shucks by cutting into size and boiling for 5 minutes. Drain. Spread meal mixture ¼ inch thick on paper or shucks. Allow space at each end and one side of paper to turn these over. Through center of dough spread about 2 teaspoons of prepared meat mixture. Roll up, folding sides and ends of paper. Into a clean KERR Pint Jar place 1 tablespoon hot water. Pack tamales into pint jar. To prevent difficulty in packing last tamale in jar place it between 2 knives and slip into center of pack. Put on cap, screwing the band tight. Process in pressure cooker 75 minutes at 10 pounds.

ITALIAN SPAGHETTI SAUCE

3 cans tomato paste
6 cans water (using tomato paste can)
3 or 4 large onions, chopped fine
2 pounds ground beef
1 clove garlic (½ teaspoon, chopped)
2 tablespoons olive oil or butter
2½ teaspoons salt
1 tablespoon whole mixed spices

ADD water to tomato paste. Fry onions, beef and garlic in olive oil or butter. Add salt. Add this mixture to tomato mixture. Cook slowly for 1 hour. If necessary, add more water to keep consistency from getting quite thick. Ten minutes before cooking time is up add spice bag containing the spices. Mixture should be fairly thick at end of 1 hour cooking. Remove spice bag. Pour boiling mixture into clean KERR Jars to within 1 inch of top of jar. Put on cap screwing the band tight. Process in pressure cooker 60 minutes at 10 pounds or in water bath 3½ hours.

MILK

AFTER straining the fresh milk allow it to stand until animal heat disappears. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker 10 minutes at 10 pounds pressure.

SANDWICH SPREAD

1 quart finely chopped sweet pickles (measured after chopping)
3 red sweet peppers or canned pimiento (chopped fine)
3 green sweet peppers (chopped fine)
1 cup vinegar

COVER peppers with vinegar and cook 10 minutes. Drain. In double boiler prepare the following:

3 tablespoons flour
1 teaspoon salt
⅛ teaspoon cayenne pepper
1 cup cream
1 teaspoon ground mustard
3 well beaten eggs
¾ cup vinegar from sweet pickles
4 tablespoons sugar

THOROUGHLY mix flour and other dry ingredients. Add vinegar and mix to smooth paste. Cook in double boiler until thickened. Pour cream in gradually, stirring constantly. Cook about 10 minutes more, stirring constantly. Pour hot mixture over beaten eggs and mix well. Return to boiler. Cook 3 minutes. Add pickles and peppers and let come to boiling point. Pour into clean KERR Jars. Put on cap, screwing the band tight. Process in water bath 10 minutes.

SPANISH NOODLES

1 pound noodles
2 pounds peeled tomatoes, cooked
4 teaspoons salt
2 pounds steak, diced
2 tablespoons butter or fat
2 medium-sized onions, cut fine
1 sweet red pepper, cut fine
1 sweet green pepper, cut fine
1 pound mushrooms

COOK noodles in boiling salt water 10 minutes. Drain in colander. Rinse in cold water. Place noodles in kettle. Add tomatoes which have been pressed through sieve, this should make 3 cups juice. Add salt and heat slowly. Sear steak in hot butter or fat. Add chopped onions and peppers. Cook 10 minutes. Add mushrooms and cook 5 minutes. Add this mixture to noodles and tomatoes and mix thoroughly. Pack loosely into clean KERR Jars, filling to within 1 inch of top of jar. Add tomato juice or boiling water to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker 60 minutes at 10 pounds or 3½ hours in water bath.

TOMATO MINCE MEAT

1½ pints chopped tart apples
1 pound raisins
1 pint chopped green tomatoes
¼ cup vinegar
2 teaspoons cinnamon
1 cup suet
1 teaspoon each salt, allspice and cloves
3 cups sugar

PEEL and chop apples. Mix all together, bring to rapid boil and simmer until thick. Pour into sterilized KERR Jars and seal.

The Hot Tamales, Italian Spaghetti Sauce, Milk and Spanish Noodles, in fact ALL Meats and ALL Vegetables (except Tomatoes), must be boiled 10 to 15 minutes in an open vessel before tasting or using.

Kerr JARS AND CAPS PREVENT VAPOR LOSS, FREEZER BURNS AND PROTECT AGAINST LOCKER ODORS

In addition to canning foods, perhaps you will be freezing some of the choice fruits, vegetables and meats. ONE OF THE IMPORTANT DECISIONS confronting you will be the SELECTION OF THE CONTAINER into which these foods are packed. All during the storage period, the container must protect the food from factors which affect its flavor and texture.

Our Research Kitchens have proved freezing is another job that can be done well with KERR Jars and Caps. As containers for frozen foods, they will prevent moisture and vapor losses and freezer burns on meats and poultry. The flavor of food in KERR Jars is not affected by odors in lockers or from other foods. Foods stored in containers which do not give complete protection dry out, lose some of their good flavor and take on foreign flavors. **The KERR Wide Mouth Mason Jar is especially convenient.** The wide mouth permits removal of the food soon after it begins to thaw. This is especially desirable with fruits and vegetables.

TO USE KERR JARS FOR FREEZING, examine carefully to make sure there are no nicks or cracks in them. Wash them in hot soapy water, rinse in warm water and scald thoroughly. Invert the jars on a clean cloth to drain and to cool.

The container in which food is packed can offer protection but cannot control quality. Not just any fruit or vegetable can be put into a freezer and come out a desirable food. The variety selected, stage of maturity, speed from gathering to freezer, as well as the container are all important in controlling quality.

When using jars, prepare food the same as for other types of containers. The first step is washing, paring and cutting into desired size. Fruits must be sweetened, vegetables blanched and meats chilled.

Fruits may be sweetened with dry sugar. After preparing, simply roll the fruit in sugar, then pack. Some small fruits such as raspberries and cranberries are frozen without sugar by packing the fresh berries firmly to within ½ inch of the top of the jar. Such fruit may be sweetened when served.

BLANCHING VEGETABLES IS REGARDED AS THE MOST IMPORTANT STEP IN THEIR PREPARATION FOR FREEZING. They may be blanched in steam or boiling water. Blanch only a small amount at a time and be sure water is boiling or steamer filled with thick steam all during the blanching period. Vegetables are blanched from one to three minutes. Steam blanching will take one to two minutes longer. At end of blanching period, remove vegetables and promptly cool in running cold water or water containing ice.

PACK THE FOOD INTO JARS AS SOON AS IT IS PREPARED. Pack firmly but not tight. **Jars are filled to within one-half inch of top of jar with vegetables and no liquid added.** For fruits rolled in sugar, fill jars to within one-half inch of top of jar.

Jars are especially desirable for freezing fryers. Cut the dressed fowl as for cooking. Chill and pack firmly into jars. Pack giblets in separate containers or wrap them in waxed paper before placing in jar with other pieces. All other meats are chilled, then cut into desired size and packed firmly, but not tight, to within one-half inch of top of jar.

As soon as each jar is packed with food, place the KERR Cap on jar with sealing composition next to glass and screw the band tight. The jars are then ready for the freezer and should be gotten into it as quickly as possible.

DO NOT BE UNDULY CONCERNED ABOUT BREAKAGE DURING STORAGE. The freezing temperature does not cause the glass to break and if jars of frozen foods are handled with the same care given jars of canned foods, there should be no breakage.

When jars of food are taken from freezer, allow them to set at room temperature until food has thawed sufficiently to permit its removal from the jar. Cook vegetables immediately. Allow fruits to thaw until there are only a very few ice crystals in them and serve immediately. Meats should be completely thawed before cooking but should be cooked immediately after thawing.

KERR Jars and Caps which have been used in the freezer may serve again and again in the same capacity or these jars and caps may be used for home canning. The freezing to which they have been subjected does not harm them as a home canning jar.

Answers TO YOUR CANNING Questions

FROM OUR MODERN RESEARCH KITCHEN

CAPS AND LIDS

1. **Are KERR Mason Caps affected by vinegar or any food acids?**
   The gold lacquer on KERR Mason Caps is subjected to a baking process and the cap is not affected by vinegar or food acids. It is safe to use in canning *all* foods.

2. **Can KERR Mason Lids be used a second time? Why not?**
   No. Because to open a jar sealed with a KERR Mason Lid the lid should be punctured. If it is otherwise removed it should not be used a second time because the composition will be damaged by the first use.

3. **Will KERR Mason Caps fit other makes of jars?**
   KERR Mason Caps fit ALL MASON Jars.

4. **Is it necessary to purchase new Economy Clamps if, after years of use, clamps fit loosely and will not effect a seal?**
   If Economy Clamps fit loosely, this can be corrected by bending the clamp in the middle so it will exert a good pressure on the cap.

5. **Should the Screw Bands on KERR Mason and KERR Wide Mouth Mason Jars, "Self-Sealing" Brand, be tightened after the jars are cold?**
   No. The jar is already sealed when cold. We recommend removing screw band when jar is cold.

6. **Will products canned in KERR Jars and sealed with KERR Mason Caps keep if the Screw Bands are removed?**
   Yes, if screw bands are removed after jars are cold and sealed. Remove screw bands after 24 hours as bands are unnecessary once jars are sealed. Use screw bands over and over, purchasing only the inexpensive lids. If left on, juices that are on the threads of the screw bands will cause the bands to stick to the jars.

7. **Will the flavor, color or keeping quality of canned products be in any way affected by the lacquer on KERR Mason Caps?**
   KERR Mason Caps are clean, pure, and sanitary and in no way affect the flavor, color or the keeping quality of any canned food. The fact that practically all commercially packed products in glass use gold lacquered caps is an additional endorsement as to their safety.

8. **Is it necessary to sterilize jars and lids before canning?**
   For open kettle canning, jars should be sterilized. When the food is processed in the jar the jar does not require sterilizing but all jars should be thoroughly cleansed. Economy Caps and KERR Mason Lids should always be scalded by placing in a pan and pouring boiling water over them. Screw bands need not be scalded but should be clean and in good condition.

9. **Will it injure the composition on the Economy Caps and KERR Mason Lids when scalding to let stand in hot water?**
   No.

10. **Should Screw Bands on KERR Mason Caps be screwed tight BEFORE being placed in the water bath, or pressure cooker to process?**
    The bands on KERR Mason Caps should always be screwed tight BEFORE processing.

11. **How can KERR Mason Lids be separated if stuck together?**
    By submerging them in boiling water for a few minutes.

12. **Why do some Screw Bands stick to the jars?**
    This is caused by food juices on jar threads. Juices holding screw bands to the jar can be dissolved in warm water, or adhesions can be broken by tapping screw band lightly with knife handle. This can be completely avoided with KERR Mason Caps by removing screw bands from jars the day after products are canned. Once jars are sealed, bands are unnecessary.

13. **Why is it safe to tighten KERR Mason Caps BEFORE processing?**
    KERR Mason Caps seal by the cooling of the contents of the jar and not through pressure of screw band on the lid. Therefore, although screw band is tight the jar is not sealed until it

has cooled, and during processing the flexible KERR Lid permits the jar to exhaust.

14. **Will it break the seal to again tighten KERR Mason Caps as soon as jars are removed from the canner after processing?**
It is unnecessary to again tighten KERR Mason Caps when jars are removed from canner if cap was tightened before jars were processed. However, it will not break the seal because the KERR Mason Cap does not seal during processing but seals after processing by a vacuum which is created as the contents of the jar cool.

15. **How should the KERR Mason Cap be handled when cold foods, such as pickles and sauerkraut, are packed into the jar and are not cooked or processed? Can the screw band be removed before storing?**
When pickled products are packed cold and the contents of the jar do not receive any application of heat, the KERR Mason Lid is placed on the jar of pickled foods with the sealing composition next to the glass and the band screwed tight. The cap will not form a vacuum seal but when handled in this manner will offer the necessary protection to jars of pickled foods. Do not remove the screw band from the jar before storing as the band is necessary to hold the lid in place.

16. **When the KERR Mason Cap is tested for seal and the sound is not a clear ringing note must jar of food be reprocessed with new lids?**
Many times the sound will not be clear if the food is touching the under side of the lid. Observe the concave appearance of the lid to determine if jar is sealed. If sealed, the lid should not be removed or food reprocessed. If not sealed, the food should be used or reprocessed, see question number 39.

17. **After scalding the KERR Lid should it be dried before placing on jar?**
No. The scalding is used to cleanse the lid and it should be placed on the jar without coming in contact with a cloth or other articles which are unsterile.

18. **Will KERR Mason Lids purchased one year be safe to use in the next year's canning?**
The sealing composition in the lid does not deteriorate rapidly and if the lids are stored in a cool, dry place they will keep in good condition.

GENERAL

19. **When using the pressure cooker for processing, is it necessary to have the cooker filled with jars?**
It is economy to process at one time as many jars as the cooker will hold, for it saves time and fuel, but if you do not have sufficient jars to fill the cooker, one or more may be successfully processed.

20. **If liquid is lost from a jar during processing, should the jar be opened when processing is complete to add more liquid?**
No, this should never be done. The loss of liquid will not interfere with keeping qualities and to open the jar at the end of the processing will result in later spoilage of the food.

21. **Does soil affect the keeping qualities of food?**
Since most bacteria found on products come from the soil, and during some seasons there are occasional outbreaks where fields are infested with an unusual type or a larger number of bacteria than ordinarily exists, it is inevitable that more bacteria would be present on the product than in normal seasons and would make the product harder to sterilize.

22. **What is the effect of heat and cold on keeping qualities of canned foods?**
Excessive heat may destroy the seal of the jars through causing expansion of the contents. Warm storage encourages rapid growth of micro-organisms causing spoilage. Freezing and thawing injures the flavor and texture of canned products, but does not make them unsafe to eat unless seal is broken which may let bacteria in and spoil the food.

23. **Will jars boiled in water before canning be tougher?**
No. KERR Jars are fully tempered when made and boiling will not increase the temper.

24. **Why do jars, after being tested and sealed for six months or more, open and contents spoil?**
This is very rare but when it appears it is usually caused by bacteria which were not entirely destroyed by processing and which have become active thus causing the seal to release. This is especially true if the storage temperature has increased. It may also be caused by small particles of food on the sealing edge of the jar where they come in contact with the sealing composition, and disintegrate, which action permits air to enter the jar.

25. **What causes liquid to boil out of jars during processing?**
(a) Packing jars too solidly with food when processing in the pressure cooker.
(b) Having jars too full. If using water, fill to within ½ inch of top of jar; if using syrup, fill to within 1½ inches of top of jar; or ½ inch of top of jar for hot pack fruits.
(c) Too high a pressure. Variation or sudden lowering of temperature in using a pressure cooker. Petcock should not be opened and cover removed until hand on gauge goes back to zero.

26. **Are the keeping qualities of food affected when liquid has boiled out during processing?**
No.

27. **In Hot or Cold Pack canning when should one start to figure time of processing?**
Pressure Cooker: From minute the hand on pressure gauge reaches required pressure.
Water Bath: From the minute water surrounding jars starts to boil.

28. **After processing should KERR Jars be turned upside down to test for leaks? Are keeping qualities affected by such a test? How should KERR Jars be tested?**
(a) KERR Jars should not be turned upside down while cooling.

(b) Since the seal on the KERR Mason Cap is not completed until jars are cold, jars with this type of cap should not be turned upside down while cooling and sealing. To do so is working against the KERR Principle of Sealing and may prevent a seal.

(c) To test KERR Mason Caps for seal: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear, ringing note, and be slightly concave (curved inwardly), caused by the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food. If food touches lid the sound will be dull but not hollow and empty like unsealed jar.

29. When processing in the water bath, should water completely cover the jars?

Yes. Water should cover jars at least one inch over top. If water boils down add enough boiling water to keep at required height.

30. What allowance should be made from time tables for differences in altitude?

See note under time table, page 9.

31. Should chemicals or preserving powders be used in canning?

Artificial preservatives should not be used.

32. Can KERR Jars equipped with KERR Mason Caps be successfully used for all methods of canning?

KERR Jars and KERR Mason Caps in all styles have been tested and proved highly successful for canning all fruits, vegetables, meats, poultry, game, fish, pickles, etc., by all methods.

33. Where should hot jars be set when removed from canner?

Set hot jars on a folded cloth or board. DO NOT set hot jars in a draft as this may cause them to burst.

34. What products should be packed loosely and what products should be packed firmly? Why?

Such products as corn, peas, lima beans, greens and meats should be packed loosely because heat penetration in these products is difficult. Fruits, berries and tomatoes should be firmly and solidly packed because of shrinkage which takes place during processing and their texture does not retard heat penetration. A solid but not a tight pack should be made of all other products.

35. In the Cold Pack method is it necessary to heat the syrup before it is poured on the fruit?

Hot syrup is preferable, as it speeds up the heating of the foods.

36. How long should jars be boiled to sterilize?

We recommend washing jars in hot suds. Rinse jars thoroughly, place in pan of clear water, with folded cloth in bottom of pan, set on stove and *boil* for at least 15 minutes.

37. Should bubbles appear in the jar after it is taken out of the cooker to cool?

Bubbles often appear in the jar after it is removed from cooker because food is still boiling in jar. Ordinarily bubbles do not appear once the product has been allowed to thoroughly cool, unless the jar is shaken. A very tight pack of food may show air bubbles.

38. Do completely filled jars become contaminated by food coming in contact with KERR Mason Lid?

No. Food coming in contact with the KERR Mason Lid does not become contaminated. However, jars should be filled with food to not more than ½ inch of top of jar. When water is used over food, fill only to within ½ inch of top of jar with water, or 1½ inches of top of jar if syrup is used on fruits packed cold or ½ inch of top of jar for fruits packed hot, so that when the lid is placed it will not force food out on sealing edge of jar and prevent a seal. Food touching lid also interferes with the test for seal. (See Questions and Answers numbers 56, 57, 73 and 83 for height products should be packed.)

39. If a jar does not seal and must be reprocessed does it have to be reprocessed the original length of time?

Just what shall be done with the unsealed jar will depend upon the cause. If cap or lid is at fault and product is a fruit, simply replace cap or lid with new one and process in water bath until product reaches boiling point. If it is a vegetable or meat it should be reprocessed at least one-third the regular processing period. If jar is defective any product would require repacking. It is doubtful if this will be profitable since the reprocessing would need to be approximately the same as the first processing given that particular food. Few foods will stand up under such treatment.

40. Why is a shorter period of processing used when canning in a pressure cooker?

Because a higher degree of temperature is obtained under pressure.

41. In the boiling water bath method of processing is it all right to allow jars to cool in the water?

No. The product will be overcooked and certain types of spoilage may develop due to slow cooling.

42. Is it possible to process two layers of jars in canner at one time?

Yes. Place small wire rack between the layers so water or steam will circulate freely around each jar.

43. Does the black deposit sometimes found on the underside of the lid indicate spoilage or make food unwholesome?

No, if the jar is sealed, and if this deposit is caused by tannins in the food or hydrogen sulphide which is liberated from the food by the heat of processing. This does not make the food unwholesome.

44. How long will home canned foods keep?
Foods that are properly canned and properly processed will keep for an indefinite period of time when the containers in which they are packed are air-tight.

45. For canning, what foods are considered acid? Which low-acid?
The acid foods are fruits, tomatoes, ripe pimientos, rhubarb and pickled beets or other vegetable pickles. All other vegetables, all meats, poultry and other foods are considered low-acid.

46. Can jars of home canned foods sealed with the KERR Mason Cap be moved or transported for several miles?
Yes. The handling or shaking of the jars during transportation will not cause the seal on the KERR Mason Cap to release even though the screw bands have been removed.

47. May canned fruits or vegetables which have just begun to spoil be saved by re-canning?
No. Do not attempt to re-can or use any food which has begun to spoil. The spoiled food contains more bacteria than the fresh product. Re-canning to stop the spoilage would be difficult and consumption of the food would be risky.

48. When foods are canned in pint jars may the processing time be reduced?
Yes, on some foods. Refer to the time tables, pages 8 and 9.

FRUITS

49. What effect do some methods of canning have on the flavor of canned fruits?
The open kettle method causes (with a consequent loss of flavor), the boiling away of some of the food values which are retained in the hot or cold pack method.

50. May fruit be canned successfully without sugar?
Yes, by using fruit juice or water in place of syrup.

51. How does one lye-peel peaches?
Use an agateware or iron vessel and only firm peaches. To a gallon of water, add two tablespoons of lye, and bring to boiling point. Place peaches in wire basket or cheesecloth bag and lower into boiling solution for about one minute. Remove and rinse in cold water using a crash towel to rub off peeling. This method may also be used with apricots, if they are firm.

52. What causes peaches and pears to turn dark brown after they have been canned? How can this be prevented?
(a) Discoloration of fruits in the top of the jar is often due to enzyme activity or oxidation which means that the heat of cooking or processing was not applied long enough, or the temperature used was not high enough to render the enzyme inactive or expel the air from the jar. The remedy is an increase of 5 to 15 minutes in the processing time.
(b) Ascorbic acid (vitamin C) added to the light colored fruits will prevent discoloration. Put 2½ tablets of 50 milligrams in bottom of each pint jar before packing fruit; or add ½ teaspoon of ascorbic acid to each quart of the syrup before pouring over fruit in jars.
(c) Fruit exposed to air too long after being peeled and before being canned. This can be overcome by dropping peeled fruit into slightly salted or plain water until ready to put in jars.
(d) Pears canned by cold pack method will retain original color better if a tablespoon of lemon juice is added to each quart jar.
(e) Canned fruits not sufficiently processed, after being opened and exposed to air, sometimes turn brown just as fresh fruit does when exposed to air.

53. How may strawberries be canned to prevent floating?
By precooking for five minutes in syrup, then allowing the berries to stand in the syrup for a few hours before packing in jars and processing. (See recipe for "Strawberries—Will Not Float"—Page 13.)

54. Why do berries, other fruits and tomatoes float from bottom of jar?
This may be caused by using foods that are overripe. Processing too long or using too high temperature for processing, or using too heavy syrup or making too loose pack. Fruits and tomatoes shrink when heated and should be packed firmly.

55. Why should fruits be graded according to size and ripeness?
(a) Fruits should be uniform in size and firmness so that heat penetration will be equal, which would not be the case if large and small fruits were all canned in one jar.
(b) Partly ripe and fully ripe fruits should never be canned in the same jar. All partly ripe fruits should be canned together and all fully ripe fruits should be canned together.
(c) Overripe fruits should never be used for canning unless used in jams or butters.

56. How high should fruit be packed in jar when canned by the Open Kettle method?
Jars should be filled to within ½ inch of top with boiling hot fruit and liquid.

57. How high should fruit be packed in jar for Hot or Cold Pack canning?
Jars should be filled within ½ inch of top of jar with fruit and 1½ inches of top of jar with syrup when fruit is packed cold, or ½ inch of top of jar with syrup when fruit is packed hot.

58. How much salt and vinegar should be added to the water in which peeled fruit is placed to prevent discoloration before canning?
Two tablespoons each of salt and vinegar to each gallon of water is sufficient.

JELLIES

59. How can fruit juices be tested for pectin content?

1. To one teaspoon of cooked juice, add one teaspoon of grain alcohol and stir slowly. Wood or denatured alcohol may be used but DO NOT TASTE as the latter two are POISON.
   (a) Juices rich in pectin will form a large amount of bulky gelatinous material.
   (b) Juices moderately rich in pectin will form a few pieces of gelatinous material.
   (c) Juices poor in pectin will form small flaky pieces of sediment.
2. Or mix 2 teaspoons sugar, 1 tablespoon Epsom salts, 2 tablespoons cooked fruit juice. Stir well and let stand for 20 minutes. If mixture forms into a semi-solid mass the juice contains sufficient pectin.

60. What fruits contain pectin and acid? Which lack pectin? Which lack acid?

Cranberries, quinces, green apples, crab apples, blackberries, grapes, plums, gooseberries, orange or lemon rind and white peel contain pectin and acid.

Peaches, pears, cherries, strawberries, pineapples and rhubarb contain practically no pectin when ripe.

Pears and sweet apples contain practically no acid.

61. Will fruits which lack acid make jelly?

No. Three ingredients are essential: pectin, acid and sugar, in their proper proportions.

62. What makes jelly (a), soft? (b), tough? (c), crystallize? (d), cloudy?

(a) Jelly sometimes is syrupy because more sugar has been used than the fruit juice requires; or because boiling (after the addition of sugar) was not continued long enough.

(b) Jelly is tough or stringy because too small a quantity of sugar was used for pectin present in juice, or because the jelly was boiled too long.

(c) Crystals appear in jelly because too much sugar was used; or boiling too long before sugar was added to the juice, so that the two were not boiled together long enough; or in boiling, the syrup spatters on the side of the pan, dries and in pouring the jelly these crystals are carried into the glass and the jelly becomes seeded with crystals. Crystals often appear in grape jelly because of tartaric acid in the grapes. This may be overcome by allowing the juice to stand, the tartaric acid will crystallize and settle to the bottom. The juice should be poured off carefully so as not to disturb the sediment.

(d) Cloudy jelly may be due to having cooked the fruit too long before straining off the juice or to not having used sufficient care in straining the juice. Sometimes it is noticed in apple and crab apple jelly that, although it is clear when first made, the jelly becomes cloudy after a time. In these cases it is usually due to the use of partly green fruit, the starch in this fruit probably causing the cloudy appearance.

63. In using a jelly thermometer, what is the proper temperature at which fruit juices will jell?

Pure fruit juices (without the addition of commercial pectin) will jell at a temperature of 220° to 222° F. at sea level altitudes if the juices contain the proper proportion of pectin, acid and sugar.

64. What is pectin?

A natural substance found in most fruits which causes the fruit juice to congeal when used in jelly making.

65. Should jelly be boiled slowly or rapidly?

Jelly should be boiled rapidly. Long, slow boiling will destroy the pectin in the fruit juice.

66. Should jelly be made with cane or beet sugar?

The test on cane and beet sugar shows them to be chemically the same. Either may be successfully used.

67. How much juice should be made into jelly at one time?

Not more than 6 to 8 cups. If a larger quantity of juice is used, it will be necessary to boil it longer thus causing loss of flavor and darkening the jelly.

VEGETABLES

68. What causes corn to turn brown during processing?

This most often occurs when too high a temperature is used. The high temperature causes a carmelization of the sugar in the corn. It may also be caused by some chemical, such as iron, in the water used in canning. Some varieties turn brown more readily than others.

69. Why do beets turn white?

The loss of color from beets is usually due to the variety of beets used or to canning beets that are too old or that have been gathered too long. Some varieties are more susceptible to loss of color than others. If possible get the very dark red variety and make sure they are young, tender and as freshly gathered as possible. Precook beets with 2 inches of the stems and all of the root left on, as this helps to retain the juices.

70. Should salt be used to season jars of vegetables before canning or added when served?

Salt may be added at the time of canning or omitted entirely and if desired added when served.

71. Must canned vegetables be boiled before tasting or using?

Yes, they must be boiled, or otherwise heated at boiling temperature, ten to fifteen minutes in an open vessel to destroy toxins that may have formed on vegetables in the jar.

72. **What causes cloudiness in canned peas? How can it be prevented?**
This is frequently caused by canning peas that are too old or have been gathered too long. It also may be caused by minerals in hard water. Use of fresh, tender peas, soft water, proper precooking and rapid handling ordinarily eliminate cloudiness. It may also indicate flat sour.

73. **How high should vegetables be packed in jar?**
Pack vegetables to not more than ½ inch from top of jar. (Exceptions: corn, peas and lima beans should be packed only to within one inch of top.) For all packs, add water to within ½ inch of the top of jar.

74. **What vegetables expand instead of shrink during processing?**
Corn, peas and lima beans.

75. **Can any vegetables or vegetable and meat mixtures be canned safely by the Open Kettle method?**
No, all vegetables except tomatoes must be canned by the hot or cold pack method (processed in the jar). All meats, or combinations of meats and vegetables, must be processed in the jar.

76. **Should all vegetables be blanched before canning?**
All vegetables should be blanched or precooked according to recipe.

77. **Does it injure vegetables to overprocess them?**
It is better to overprocess than to underprocess, as overprocessing will do little harm, but underprocessing may result in spoilage.

78. **How long should vegetables stand after gathering before being canned?**
No longer than is necessary to prepare them for canning. The slogan of 2 hours from the garden to jar is a very good one.

79. **Why is it more difficult to can vegetables than it is to can fruit?**
Because vegetables are low-acid products, in which heat resisting bacteria are difficult to kill.

80. **Why must some vegetables be processed longer than is necessary to make them tender?**
The processing time for most vegetables is longer than the time needed to prepare the vegetable for immediate table use. This processing time is necessary to destroy the bacteria on the food. If bacteria is not destroyed the food will later spoil.

81. **When boiling home canned vegetables 10 to 15 minutes in an open vessel before serving them, must additional water be added to them?**
No. Place the vegetable and the liquid in which it was canned into the open vessel and boil both the vegetable and liquid for 10 to 15 minutes.

MEAT AND FISH

82. **Is it necessary to precook any meats before canning?**
Meats may be precooked or packed raw, but if packed raw add no liquid.

83. **How high should meat be packed in jar?**
Jars should be packed loosely and filled to not more than one inch from top with meat. For precooked meats add three or four tablespoons of liquid to each quart, or fill jars not more than ⅔ full of liquid. Meats packed raw do not require the addition of liquid.

84. **Must the liquid on canned meats be jellied?**
No. The liquid on canned meats will not congeal unless it contains a good amount of gelatin from cartilage or connective tissue.

85. **What causes congealed liquid in canned meat to liquefy when it is not or does not seem spoiled?**
Meat stock congeals at a comparatively low temperature, and liquefaction in a jar is caused by a rise in temperature of the storage room. If jar is put into a refrigerator or some other cool place, the stock will soon solidify. This does not affect keeping qualities of the meat.

86. **In baked chicken or roast meats how much liquid can be added to jar to have a sufficient quantity to make a large amount of gravy when jar is opened for serving?**
Fill jar not more than ⅔ full of liquid from pan in which meat was precooked. If jar is filled full of liquid the meat will not retain the precooked flavor and grease reaching the sealing medium of the cap may prevent a seal.

87. **Should canned meats be heated before tasting or using?**
Yes, heated at boiling temperature ten to fifteen minutes in an open vessel to destroy toxin that may have formed on meats in the jar. This re-heating may be done by frying, baking or boiling, but the temperature applied must be as hot as boiling water.

88. **What is the best way to harden fish meat for canning?**
Only firm, fresh meat should be selected. Fish flesh can be hardened if desired by soaking one hour in cold brine made in proportions of ½ pound of salt to 1 gallon of water.

89. **Should bones be removed from poultry and game birds before canning?**
Poultry and game birds can be canned either with or without the bones.

90. **Is it necessary to process meat and poultry longer when bones are not removed?**
No.

91. **Should giblets and liver of fowl be canned in same jar with rest of chicken?**
No. The flavor of the liver or giblets will permeate other pieces of chicken in the jar.

92. **How should meat be processed to prevent liquid from boiling out of jar, adhering to sealing composition and preventing a seal?**
By following directions for filling and processing as given in recipes, care being taken that jars are never too full or packed too solidly, and are not processed at a higher temperature than called for in recipes.

93. **What is generally conceded the proper time for animal heat to leave the body of the animal or fowl?**
Six to 24 hours, provided it is hanging in the open. Meat, poultry and game should not be canned until all animal heat is gone.

94. **Should meat be soaked in water before packing?**
No. Because it makes it stringy and tough, but it should be wiped with a clean, damp cloth.

95. Should steak, chicken, or other meats be rolled in flour for canning?
No. Flour retards heat penetration, flakes off in bottom of jar and gives the meat or chicken a slightly warmed-over taste.

96. Should meats or fish be completely or nearly covered with juices or liquid?
No. For precooked meats use only three or four tablespoons of liquid in each jar (for exceptions, see individual recipes). Meats or fish packed raw do not require the addition of liquid.

97. What care should be exercised in the canning of shell fish?
Shell fish should be heated or cooked only in enamel vessels, as other types of vessels will cause the fish meats to turn dark.

PICKLING

98. What occasionally causes pickles to turn black?
If iron is present in any appreciable amount in the water used it may cause a blackening of the pickle. Hard water (containing lime) may prevent proper curing. The addition of a small amount of vinegar to hard water will help to overcome this.

99. What causes hollow pickles?
This is often due to faulty development of the cucumber or may be caused by allowing too long a time to elapse between gathering and pickling.

100. What causes pickles to become soft?
Using too weak a brine or inferior grades of vinegar or diluting the vinegar too much. Boiling the pickles too long when using recipes which call for cooking.

101. Why do pickles shrivel?
Placing the cucumbers at once in heavy syrup, too strong brine or too strong vinegar solution, or allowing too much time to elapse between gathering and pickling will cause them to shrivel.

102. What is the best vinegar to use in brining or pickling?
Pure apple cider vinegar.

103. Why does scum form on pickled foods?
Scum will not form on pickles if they are perfectly sealed. If stored in open containers, scum forms when liquid comes in contact with bacteria which are found in the air.

104. How can crispness of pickles be assured?
(a) By using vinegar of at least 40 or 50 grain strength.
(b) By using water as free from minerals as possible.
(c) By proper brining.

SPOILAGE

105. What causes flat sour? How can it be prevented?
Flat sour is usually caused by canning overripe food or allowing precooked foods to stand in jars too long before processing or slow cooling of jars after processing. It may be prevented by using fresh products and properly processing, cooling and storing.

106. Do all types of spoilage cause the seal on the jar to release?
No. Flat sour is an exception and ordinarily shows no indication of spoilage until the jar is opened.

107. What causes fruit to mold when jars are apparently sealed?
As a rule when molds grow on canned foods, the jars are not sealed, or the seal is low which lets some air remain in the jar. Molds can grow only in the presence of air.

108. What are the reasons for spoilage or jars not sealing?
1. Incomplete sterilization. Failure to follow time tables and recipes given in KERR canning literature.
2. Failure to wipe sealing edge of jar clean before placing lid on jar.
3. Food, seeds or grease lodged between lid and jar.
4. If Economy Jar—Clamps not properly adjusted. If the clamps you are using are weak, bend them in the middle so they will exert a good pressure on the cap.
5. Jars which are nicked or cracked or have sharp sealing edges.
6. If KERR Mason or KERR Wide Mouth Mason—Band screwed down too loosely *before* processing.
7. In Open Kettle Method—Filling a number of jars at one time and allowing to cool before putting on caps. Improper sterilization of jar.
8. In Open Kettle Method—Removing kettle from heat and filling jars with result fruit put in last jars is practically cold.

HELPS IN LOCATING CANNING TROUBLES

THE most common cause of failures to seal is lack of pressure from the screw band and the use of jars which are not perfect. If the jars and caps failed to seal at the time the canning was done, check the following to determine the cause:

1. Was the sealing edge of the jar examined for nicks, cracks and sharp edges?
A nick in the jar edge will prevent a seal. Cracks in the jar edge will also permit the slow entrance of air and prevent a seal or cause the seal to release. Sharp edge jars will cut the composition through and prevent a seal. The sharp edge does not have to be sharp enough to cut the finger but if it is a rounded bead of glass that sticks up above the flat sealing edge of the jar, it will cut through or hold the lid up.

2. Were the jars ones in which food of some kind had been purchased?
Only a very small per cent of these commercial jars are usable for home canning and those that are not have many irregularities which can prevent a seal. Check the following very carefully:

a. Is the jar slightly wider across the neck than Mason fruit jars with the manufacturer's name blown in the glass?

b. Is the sealing edge of the jar very, very narrow?

c. **Is the neck of the jar high enough to permit the KERR Mason Screw Band to go down far enough to offer a good pressure on the lid?**

3. **If commercial jars were used, did you use the KERR Mason Screw Band with the lid or the one-piece cap which came on the jar?**

   The one-piece cap may be too deep and it is not constructed so it puts pressure at the proper place on the lid.

4. **How tight were screw bands adjusted?**

   Our instructions to screw the bands tight mean as tight as the hand can screw the band without using a jar wrench. Use the full force of the hand. If commercial jars which are slightly wider across the neck than KERR Mason Jars, are used, it is especially important to use force in tightening the screw band, because the wide jar neck will ride out on the turned down edge of the lid and this has a tendency to hold the lid up off the sealing edge of the jar.

5. **Are the screw bands used in good condition and are they the ones intended to be used with a metal lid?**

   Rusty screw bands may feel tight when they do not offer a firm pressure on the lid. Screw bands with the top edge which turns down over the lid pried up, will not hold the lid firmly against the jar edge. Screw bands intended for glass lids are too deep to use with the metal lids.

6. **If the open kettle method of canning was used, was the food in the kettle kept at a good rolling boil while packing and filling jars?**

   This is very important. If the food packed into the jar drops several degrees below the boiling point before the caps are placed on the jars, the air will not be expelled from the jar and a vacuum seal will not form.

7. **Was the food thoroughly cooked in the open kettle?**

   If it is under-cooked, spoilage can develop later and food that does not have the air driven from the food cells or is not hot through and through will not properly expel the air from the jar so a vacuum seal can form.

THE only function of any jar and cap is to make an air-tight seal at the time the canning is done. If jars were sealed at time of storing and spoilage of the food discovered some time later, this means that the jars and caps have performed their function and the spoilage is due to causes other than the jar and cap. (Exceptions: cracks in jars which permit slow release of seal.)

Food can spoil in a sealed jar when the processing temperature is too low or processing time too short to destroy the bacteria in the food. Practically all types of spoilage create a gas. This causes the jar cap to release the seal and accounts for the fact that jar caps are usually loose on jars of spoiled food. A check of the following questions may disclose the cause of the spoilage:

1. **Was the food used for canning in good condition?**
   Overripe fruits and tomatoes or overmature vegetables may require a little more processing than foods that are in prime condition.

2. **Were the vegetables precooked before packing?**

   The heat penetration in cold packed vegetables is much slower than those which are precooked and packed hot. This could mean under-processing and later spoilage.

3. **If pint jars were used, was the processing time cut in half?**

   There have been many errors of this nature made. The processing time for both pint and quart jars as given on pages 8 and 9 should be followed carefully.

4. **If a pressure cooker was used for processing, was it exhausted properly?**

   A pressure cooker is exhausted by allowing steam to escape from the steam valve 7 to 10 minutes before closing the valve and bringing the pressure up to the desired number of pounds. If the cooker is not exhausted, the inside temperature will not correspond to the pressure shown on the pressure gauge. This means under-processing. It can be the cause of spoilage of vegetables and is frequently the cause of lids failing to seal on jars of fruit or tomatoes, because the food does not get hot enough during the short processing time used, to expel the air from the jar and create a vacuum seal on the lid.

5. **Did the water in the canner cover the jars at least one inch over the top?**

   When the water does not cover the jars, the internal temperature of the jars is lower unless the canner is equipped with a close fitting cover that will retain thick steam around the tops of the jars. This lower temperature may prevent sterilization of the food.

6. **In using the pressure cooker was processing time counted before the hand on the pressure gauge registered the correct temperature? Or in water bath canning was the beginning of processing time counted before the water surrounding the jars reached a good rolling boil?**

   If the processing time is counted before the correct temperature in either the pressure cooker or water bath is reached, this means under-processing and can be the cause of spoilage or sealing failures.

7. **Were the jars of food allowed to cool in the pressure cooker or water bath?**

   Slow cooling encourages the development of bacteria which may have survived the processing. It is important to remove jars from the pressure cooker as soon as the gauge has returned to zero, and from the water bath as soon as the processing time is complete. Set the jars out of a draft but far enough apart to allow the free circulation of air around them. Do not cover the jars.

8. **Were only recommended methods of canning used?**

   Many homemakers are trying "short-cuts" or easy methods that have been passed along to them by others who have not given the method a thorough trial. A method may work one season but fail the next time it is tried. Many, many jars of food are spoiled because the method used for canning was not one recommended by canning authorities who have done enough research work to be sure of the correct canning principles.

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WHY FOODS SPOIL 2

USE Kerr JARS,

GOLD LACQUER

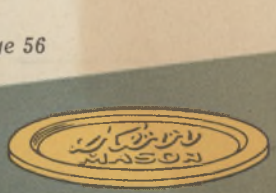
A good reason why "there's nothing like KERR for home canning" is the gold lacquer on **both** sides of KERR Lids. It protects the flavor of your home canned foods. Does not chip, flake or crack . . . food-acid resistant. Proved best by test for home canning and used by commercial canners of foods.

GRAY SEALING COMPOSITION

Women who **know** say "there's nothing like KERR Caps and Lids for home canning"—and there's a reason! The secret of the KERR perfect seal is this exclusive, can't-be-copied, thick natural GRAY sealing composition. Odorless and tasteless, it hugs the sealing surface of the jar, forming a perfect airtight seal . . . protecting the flavor and goodness of your precious home canned foods.

If you have a canning problem. Our Research and Educational Department will gladly assist you with any canning problems you may have. Write to Kerr Glass Manufacturing Corp., Sand Springs, Oklahoma.

KERR Products have a national distribution. Should your dealer's stock of KERR Caps and Lids be temporarily exhausted during the rush season, send your order to our nearest office given below.



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+

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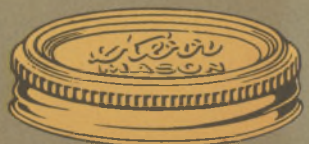

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"SELF SEALING"* Brand

PROTECT YOUR PRECIOUS HOME CANNING WITH---

Kerr WIDE MOUTH MASON JARS

are being used by more and more women for **all** their canning. **Easy** to pack—**easy** to empty—**easy** to clean—for **all** canning, but particularly convenient for choice whole fruits, vegetables and large pieces of meat.

Kerr MASON JARS

Coast-to-coast favorites for all home canning. Made of clear, crystal flint glass, temper-treated for all methods of home canning (or home freezing), they set off your home canned foods to best advantage. Easy to seal, easy to test, easy to open. Insist on KERR.

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in the TALL practical style, and the SQUAT fluted style for attractive moulded jellies and desserts. Equipped with KERR Gold Lacquered Jelly Lids.

ECONOMY* Caps and Clamps are available for your Economy Jars.

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DUE TO PREVAILING CONDITIONS THE RACK IN THIS ARTICLE IS SUBJECT TO RUSTING. CARE SHOULD BE TAKEN TO PRESERVE ITS LIFE AFTER USE. PLEASE DRY THOROUGHLY.

INSTRUCTIONS FOR

HOT AND COLD PACK CANNING

Certain fundamental rules must be followed. They apply to both methods.

Berries, soft fruits or tomatoes may be packed hot or cold.

Select firm, sound fruits and vegetables and wash thoroughly. Take particular care that every trace of soil is removed.

Jars, caps and their sealing edges must be perfect, without dent or chips. They must be clean and completely sterilized. Place clean jars, caps, lids and rubbers in water and boil for five minutes. Keep in hot water until ready for use.

Simply pour boiling water over "self-sealing" lids.

Preheat glass jars to prevent breaking. Arrange in canner to allow water circulation around them.

Have water boiling constantly during processing. The jars may be completely covered with boiling water during processing. Satisfactory results may also be had if water comes to the neck of the jars and the canner is kept covered.

Process the containers immediately after packing.

Preparation of Food.

Whole fruit that has not been peeled must be punctured with a fork to prevent the skin from bursting. "Blanching" is a quick way to remove skins from tomatoes, peaches and other fruits. Immerse fruit in boiling water for one to two minutes, drain and cover with cold water to permit handling, then peel.

Pack food solidly into containers. Cover solid food with clear water, syrup or liquid from precooking (hot-pack) and work out air bubbles with knife blade.

Allow 1-inch head space for starchy foods (corn, peas, beans). Allow ½-inch head space for other vegetables and fruits.

A general rule for canning vegetables: Add one teaspoonful of salt for each quart after packing.

Prepare syrup in advance and have boiling hot when pouring over fruit:

Syrup	Proportions	Directions
Thin	1 part sugar to 3 parts water	Boil sugar and water together
Medium	1 part sugar to 2 parts water	until sugar is dissolved. Fruit
Thick	1 part sugar to 1 part water	juice may be used in place of water.

Screw "Mason" caps tight, then turn back ¼ turn to allow steam to escape during processing. Do not pull clamp-tight lid tight for the same reason. Screw "self-sealing" caps tight BEFORE processing.

When raw or cold food is packed in tin cans place open cans packed with food in a bath of hot water that comes within two inches of the top of can. Boil until temperature of food reaches 140° for fruits and soft vegetables or 180° for harder foods. Seal cans while hot, then process.

After Processing.

Tighten screw and clamp-type lids immediately after processing time has been completed. "Self-Sealing" caps have been tightened before processing.

Before storing keep samples at room temperature for two or three days to check seal and condition.

Inspect canned food before eating. Discard leaky containers or those showing discoloration or unnatural odor.

Do not taste food to determine spoilage. An outburst of air or spurting of liquid when the container is opened usually indicates spoiled food.

NOTE: It is not recommended that non-acid vegetables or meats be canned by the Hot Water Bath method. To insure killing of bacteria in these foods it is necessary to process at higher temperatures.

TIME TABLE FOR FRUITS

Increase time 20% for each 1000 ft. in all places above 1000 ft. in altitude. Increase time 20% for half-gallon jars.

Product	Style of Pack	Processing period in boiling water 212° F. Pt. & Qt. glass jars	No. 2 & 3 tin cans	Type of tin can	Syrup
Apples	Steam or boil to wilt; pack in hot syrup or water.	15 min.	10 min.	Plain tin	Thin
	Same as above but dry-pack	20 min.	15 min.	Plain tin	
	Bake or boil whole; pack in hot syrup.	5 min.	5 min.	Plain tin	
	Apple sauce, pack hot	5 min.	5 min.	Plain tin	

Product	Style of Pack	Processing period in boiling water 212° F. Pt. & Qt. glass jars	No. 2 & 3 tin cans	Type of tin can	Syrup
Apricots	Pack raw.	25 min.	No. 2, 15 min. No. 3, 25 min.	Plain tin	Medium
	Precook and pack hot.	15 min.	15 min.	Plain tin	
Berries:					
Blackberries	Pack raw; cover with hot syrup.	20 min.	15 min.	Sanitary "R" enamel	Medium
Blueberries Dewberries Huckleberries Logan Blackberries Raspberries	Precook and pack hot.	5 min.	5 min.	Sanitary "R" enamel	
Cherries	Pack raw; cover with hot syrup.	25 min.	20 min.	Sanitary "R" enamel	Sweet, Medium, Sour, Thick
	Precook and pack hot.	5 min.	5 min.	Sanitary "R" enamel	
Currants	Precook and pack hot.	5 min.	5 min.	Sanitary "R" enamel	Medium
Figs	Let stand in boiling soda bath (1 c. soda to 1 gal. water for 6 qts. figs) for 5 min. Drain, rinse, precook 1 hour in medium syrup.	30 min.	30 min.	Plain or "C" enamel	Medium
Gooseberries	Pack raw; cover with hot syrup.	20 min.	15 min.	Sanitary "R" enamel	Thick
	Precook and pack hot.	5 min.	5 min.	Sanitary "R" enamel	
Peaches	Pack raw; cover with hot syrup.	Firm, 35 Soft, 25	Firm, 30 Soft, 20	Plain tin Plain tin	Medium
	Precook and pack hot.	15 min.	15 min.	Plain tin	
Pears	Pack raw; cover with hot syrup.		No. 2, 20 No. 3, 25	Plain tin	Medium
	Precook and pack hot.	20 min.	20 min.	Plain tin	
Pineapples	Pack raw; cover with hot syrup.	30 min.	25 min.	Plain tin	Thin
Plums	Pack raw; cover with hot syrup.	20 min.	15 min.	"R" enamel	Medium
	Precook and pack hot.	5 min.	5 min.	"R" enamel	

Product	Style of Pack	Processing period in boiling water 212° F. Pt. & Qt. glass jars	No. 2 & 3 tin cans	Type of tin can	Syrup
Rhubarb	Precook and pack hot.	5 min.	5 min.	"R"enamel	Thick
Strawberries	Precook and pack hot.	5 min.	5 min.	"R"enamel	Medium
	Pack raw.	45 min.	35 min.	"R"enamel	
Tomatoes	Pack raw.	45 min.	35 min.	"R"enamel	
	Precook and pack hot.	5 min.	5 min.	"R"enamel	
Tomato Juice	Pack hot.	No processing	5 min.	"R"enamel	

TIME TABLE FOR VEGETABLES

(for glass jars or tin cans)

Product	Preparation before canning	Precooking time	Processing time	Type of tin can
Asparagus	Wash; tie in bundles; keep tips above water.	5 min.	3 hrs.	Plain tin
Beans: Green or Wax	Wash; string	5 min.	3 hrs.	Plain tin
Beans: Lima	Shell; grade	5 to 10 min.	3 hrs.	"C"enamel
Beets	Wash; retain 1 inch stem.	15 min. or until skin slips	3 hrs.	"R"enamel
Brussels Sprouts or Cabbage	Wash.	5 min.	2 hrs.	Plain tin
Carrots	Wash; scrape.	10 min.	2 hrs.	Plain tin or "R"enamel
Corn, whole grain		5 min.	3 hrs.	"C"enamel No. 2 can only
Greens	Wash; steam in covered vessel.	15 min. or until wilted	3 hrs.	Plain tin No. 2 can only
Parsnips	Wash.	15 min.	2 hrs.	Plain tin
Peas	Shell; grade.	5 min.	3 hrs.	Plain tin
Pumpkin or Squash	Wash; peel; cut into pieces.	until tender	3 hrs.	"R"enamel
Sweet Potatoes	Wash; steam until skin slips; peel.		3 hrs.	Plain tin